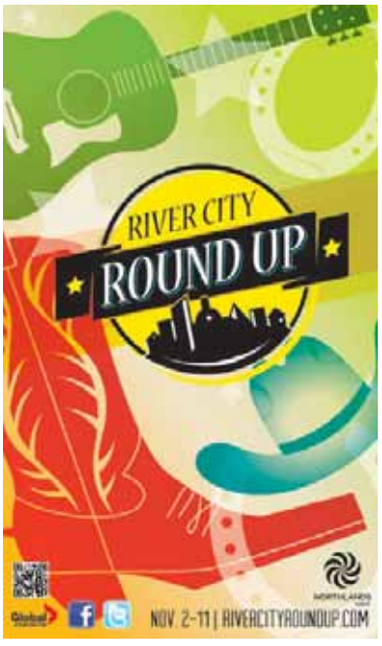
DALTON DAYS ARE DONE

THE ONTARIO LEGISLATURE IS PROROGUED AS THE PREMIER CALLS IT QUITS PAGE 6



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Tuesday, October 16, 2012

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#bieberforcrystal campaign prompts visit to sick fan

Tweets for a cause. Thousands of postings urge Justin Bieber to visit Edmonton cancer patient in hospital

LAURIE CALLSEN
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Justin Bieber surprised an Edmonton cancer patient after a social media campaign trended nationally and prompted the young Canadian superstar to visit his fan at the Cross Cancer Institute.

Crystal Amber Montgomery, 18, has osteosarcoma, a type of bone cancer, which started in her left shoulder and has spread to her lungs. She was unable to attend the pop star's concert at Rexall Place on Monday night.

Montgomery's friend Joana Antunes posted a letter on Bieber's Facebook page describing her friend's struggle and asking him to visit her.

While Bieber had been tweeting hints that he might drop in on Montgomery, she had no real expectations of a visit until Bieber peeked his head around her bedside curtain. The Biebs spent a few minutes with Montgomery on Monday, much to her disbelief.

Crystal Amber Montgomery meets Justin Bieber on Monday at the Cross Cancer Institute. CONTRIBUTED/JOANA ANTUNES/TWITTER

"It hasn't worn off yet. I'm shocked. It doesn't even feel real," she said. "He was just walking in here. He walked in front of everyone else and gave me a hug."

Over the past 24 hours, #bieberforcrystal was tweeted thousands of times. Still, Montgomery and her brother Adam said they didn't actually think he would stop by.

"It was amazing," Adam Montgomery said.

"Just seeing him, she feels absolutely amazing. She is the most beautiful girl… She's happy. It was great to see that smile back on her face."

Justin Bieber sings at Rexall Place, Monday, on his second Alberta stop on the Believe tour. While in Edmonton, the Biebs made a local cancer patient's day, dropping in to see her at the Cross Cancer Institute. HEATHER MCINTYRE/METRO

Nothing to sneeze at

Edmonton's flu clinics are officially open, with a new nasal-spray vaccine for the squeamish PAGE 4

Feds to debate bullying

In the wake of a B.C. teen's suicide, NDP MP Dany Morin urges Ottawa to come up with a national strategy to prevent bullying PAGE 7

No regrets

Olympic soccer star Christine Sinclair says she accepts her four-game suspension for dissing a referee, but wouldn't change a thing PAGE 24

Greatly indebted

Canadian household debt is skyrocketing and looks a lot like the U.S. situation before the housing bust, an expert warns PAGE 10

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Cargill

Production at XL Foods' rival up

As questions remain about when or if the packing plant at the centre of an E. coli outbreak and beef recall will reopen, another meat company in southern Alberta has ramped up production using workers from the same union.

The Cargill plant in High River added a Saturday shift and has been operating six days a week since XL Foods in Brooks had its licence suspended by food-safety inspectors.

Cargill says it is operating full out, handling up to 4,500 cattle daily.

Brigitte Burgoyne, a spokeswoman for the international agri-business giant, said Cargill follows and strives to exceed Canadian Food Inspection Agency standards for cleanliness. "We work with the CFIA to ensure that we are adhering to their expected processes," she said Monday from Winnipeg.

THE CANADIAN PRESS

Hobbema area

Three dead after fire on reserve

One man and two women are dead after an early-morning fire Sunday on the Samson First Nation reserve near Hobbema.

Hobbema RCMP, and Muskwachees Fire and Emergency Medical Services arrived at the home engulfed in flames around 4:18 a.m. Sunday to find three victims inside.

Provincial fire investigators and RCMP forensic investigators are still looking into the cause of the fire. RCMP don't presently believe the fire is criminal.

The three victims, all between 25 and 26 years of age, are from the Maskwacis community. Their identities are not being released. METRO

RAM. Murals preserved as construction starts

The construction of the new Royal Alberta Museum got underway on Monday with the preservation of old art.

Provincial politicians pulled back a tile from one of several large murals from the current Canada Post office, which will be incorporated into the new museum.

Mayor Stephen Mandel said the museum would be an incredible part of the downtown.

"I don't think that there is going to be anything that is going to have the opportunity to change the face of downtown Edmonton more than the Royal Alberta Museum."

RYAN TUMILTY/METRO

Beverly Bridge. Woman dead, 2 injured after crash

A 40-year-old woman has died, and two teen girls are in critical and serious condition after a crash on the Beverly Bridge Monday evening.

Police were called after a white SUV lost control on the bridge Monday evening. It then collided with another vehicle, causing it to strike the bridge guard rail and roll down a steep embankment, police said. The woman driving died, police said. A 13-year-old girl was taken to hospital with life-threatening injuries, and an 18-year-old is in serious condition.

Police are still investigating what caused the SUV to lose control. Anyone with information is asked to contact police at 780-423-4567. METRO

Hate crimes unit investigates six cases of church vandalism

South side. Damage to some churches nears $30,000

RYAN TUMILTY
ryan.tumilty@metronews.ca

The Edmonton police hate crimes unit is investigating after six South side churches were vandalized early Sunday morning.

All of the churches had decorative rocks thrown through their windows and suffered damages — some of them nearing $30,000.

Rev. Jim Corrigan, pastor of St. Theresa's Roman Catholic Parish, said he was disappointed when he found four of the church's entry doors smashed. He said since hearing other churches had been hit, it seemed to be a deliberate act.

"The individuals involved must have decided that this is what we are going to do for entertainment," he said.

Corrigan said though he and his congregation were disappointed with the damage, Sunday morning's service continued unabated.

"At the beginning of mass, we always pray for forgiveness of our own sins, but we certainly included those (offences) in the mix."

The churches were all of different denominations.

EPS hate crimes unit Const. Alex Thomas said they are hoping someone will come forward with information. "We are looking for that golden nugget that piece of the puzzle."

Public outreach

All of the churches were hit with small, white, decorative rocks and the police are hoping anyone who might be missing them or has other information will come forward and call 780-423-4567.

- An online map with the locations of the targeted churches is available at metronews.ca

Rev. Jim Corrigan stands beside one of the four glass doors that vandals damaged early Sunday morning. Police are looking for information in the case. RYAN TUMILTY/METRO

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Health care. Inquiry is no witch hunt, ex-judge says

A retired judge heading an inquiry into health-care queue jumping in Alberta says the inquiry will be broad but it won't be a witch hunt.

John Vertes says he is taking Alberta Premier Alison Redford at her word.

Redford said earlier this year Vertes can go wherever the evidence takes him.

Vertes points out the inquiry is not a court of law and he can't find individual fault. He made the comments in Edmonton before listening to requests from various groups for intervener status at the hearings, which are to begin Dec. 2.

Quoted

"If (queue-jumping) has happened ... we're probably going to find as a result of that, there were connections to doctor intimidation."

Premier Alison Redford

Redford called for the inquiry in February to address concerns that some people were getting preferential health-care treatment.

THE CANADIAN PRESS

Stollery. Co-ordinated care launched for kids with brain tumours

Kids with brain tumours will now have co-ordinated specialized care at a new Alberta Health Services clinic at the Stollery Children's hospital in Edmonton.

Along with the coordinated approach to treatment, the new plan has been set up to provide consistency of care, allowing for nurses, patients and families to be better acquainted with one another.

"Before, there was never a consistent place to bring these kids who are not being admitted to hospital but who are on outpatient therapies, and who need some ongoing surveillance to monitor them," said pediatric nurse practitioner, Karina Black, who oversees the new clinic. "With our Tuesday afternoon clinic each week, we have consistency in both the timing and the people seeing our families."

METRO

Homeless Connect. Mustard Seed pleads for donations

The Mustard Seed is reaching out to Edmontonians for warm winter clothes, blankets and socks and footwear for the city's homeless ahead of Homeless Connect this weekend.

"The Mustard Seed is looking forward to the opportunity to support some of Edmonton's most vulnerable citizens with clothing items at the upcoming Homeless Connect event. However, as the event approaches, we find ourselves with limited supplies of winter clothing and men's clothing," said Gary St. Amand, Director of Basic Services with The Mustard Seed in a statement Monday.

Donations can be dropped off Monday to Friday from 9 a.m. to 5 p.m. and Tuesday from 5 p.m. to 8 p.m. at The Mustard Seed's Community Support Centre (10568-114 St NW.) Any questions can be directed the Mustard Seed's main line at 780-426-5600.

METRO

Fourteen-year-old Ryan McDermott receives a nasal spray flu vaccination at the Inglewood Community League immunization clinic on Monday.

ANNALISE KLINGBEIL/FOR METRO

Flu clinics open across Alberta

Immunization. Province now offering nasal spray vaccinations

ANNALISE KLINGBEIL
edmonton@metronews.ca

Alberta Health Services is trying to make it as easy as possible for Albertans to get vaccinated against the flu.

Influenza immunization clinics opened on Monday in Edmonton and this flu season patients across the province can get vaccinated with a nasal spray, instead of a needle.

The spray is breathed in through the nose and is the preferred choice for people aged two to 17, said Christopher Sikora, a medical officer of health with AHS.

"We're trying to reduce barriers, make the choice as easy as possible for people to come down and be immunized," Sikora said.

Sikora said a mobile-friendly website at albertahealthservices.ca that lists dates, times and locations of flu clinics will also make it easier for Albertans to get vaccinated.

"You can click through your phone to find the clinic nearest to you," he said.

Influenza is a serious illness that can be especially dangerous for the very young and the very old.

"It is dangerous and it does kill people," Sikora said.

The vaccine, which changes every year because influenza viruses change, is an effective way of protecting against the flu and prevents influenza in 70 to 90 per cent of healthy adults and children.

James Talbot, chief medical officer of health with AHS predicted a significant amount of influenza this season.

"We know flu is going to arrive, it's just a question of when," he said.

Influenza info

- Influenza usually occurs in the winter and is an infection of the nose, throat and lungs.
- Influenza vaccines are available free of charge to all Albertans six months of age and older.
- The vaccine can be delivered through a nasal spray or via the traditional needle.

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Ontario Premier Dalton McGuinty steps down

Under fire. Provincial leader calls is quits amid political gridlock after nine years as premier, 16 as Liberal leader

Ontario Premier Dalton McGuinty walks out of the government caucus room with his wife Terri after announcing he is stepping down from his position, Monday, in Toronto. MICHELLE SIU/THE CANADIAN PRESS

Beaten down by a series of scandals, Ontario Premier Dalton McGuinty announced late Monday he was stepping down as Liberal leader and adjourning the legislature because his minority government can't pass legislation to freeze public sector wages.

After 16 years as party leader and nine as premier, it's time for new blood, McGuinty told a surprised Liberal caucus as his wife Terri and brother Brendan looked on.

"It's time for renewal, it's time for the next Liberal premier, it's time for the next set of Liberal ideas to guide our province forward," McGuinty told the caucus.

"To that end, I spoke with the president of our party and asked that he convene a leadership convention at the earliest possible opportunity."

McGuinty said he would stay on as the MPP for Ottawa-Centre until the next election.

The Liberals have been under fire for months for an out-of-control air ambulance service and faced a second contempt motion Monday for cancelling two gas plants in Mississauga and Oakville at a cost of hundreds of millions of dollars to taxpayers.

Politics aside

"I have never doubted his sincere commitment to the people in this great province of Ontario ..."
Conservative Leader Tim Hudak

However, McGuinty blamed the fight over a public sector wage freeze for his second surprise — adjourning the legislature. He vowed the Liberals would try to negotiate zero-increase agreements with the unions — something the NDP has demanded — and would also use the break to negotiate with the Progressive Conservatives.

"They oppose our wage freeze plan, and that means we can't make it the law, certainly as it stands at this point," said McGuinty.

"I met with the LG (lieutenant-governor) earlier today and asked that we prorogue the house so that we can pursue both discussions, both tracks, in a way that is free of the heightened rancour that has sadly, too frequently, characterized our legislature of late."

The government needs the wage freeze for about 481,000 public sector workers to trim the $14.4-billion deficit, and McGuinty said proroguing will give the government time to find out exactly what the Tories want to approve the plan. THE CANADIAN PRESS

Go to metronews.ca to see reactions from politicians, readers and Ontarians about the surprise resignation.

Labour movement. New 300,000-strong union could soon double in size

The labour movement is looking to become a political force again by creating Canada's largest private sector union that will seek to double its size by organizing new workplaces and opening up its ranks to non-traditional members.

The Communications, Energy and Paperworkers Union of Canada voted Monday to approve a merger with the Canadian Auto Workers, which gave its OK to the plan in August.

The new union will initially have more than 300,000 members across roughly 20 sectors of the economy, but CEP president Dave Coles said he doesn't anticipate it remaining that size very long.

"Doubling that in a very short period of time is not unreasonable and it gives different voices to the debate and to the argument," he said during a news conference in Quebec City.
THE CANADIAN PRESS

Occupy spirit

Union leaders said the new entity will try to capture the spirit of the student protests that gripped Quebec last summer, and the Occupy movement.

Quebec inquiry

Illegal fundraising common: Witness

Former construction boss Lino Zambito said yesterday during Quebec's corruption inquiry that illegal fundraising was commonplace in the province's politics.
THE CANADIAN PRESS

Cycling accidents

Helmets prevent deaths: Study

A study found cyclists who didn't wear a helmet were three times more likely to die of a fatal head injury than those who wore head protection while riding.
THE CANADIAN PRESS

NDP motion targets bullying following B.C. teen's death

House of Commons.
New Democrat MP Dany Morin wants the feds to create a national bullying prevention strategy

New Democrat MP Dany Morin speaks with the media Monday.
ADRIAN WYLD/THE CANADIAN PRESS

When Dany Morin was being picked on in high school, there was no such thing as Facebook.

The taunting faced by teens these days is far worse that it was 20 years ago, the New Democrat MP said Monday as his motion calling for a national effort to fight the problem came before the House of Commons.

"Nowadays, with cyber bullying, with social media, it has gotten to a breaking point," said Morin, whose motion comes in the tragic wake of a bullying-related suicide that has captured the country's imagination.

The death last week of Vancouver teen Amanda Todd has served to shine a spotlight on the problem and expose the urgent need for a solution, Morin said.

"It is a nationwide problem and it is, unfortunately, only growing with time."

The NDP motion calls for the creation of a House of Commons committee to develop a national bullying prevention strategy that would examine the prevalence and impact of bullying and look for ways to prevent it.

It's high time the federal government got involved in an effort to put a stop to bullying, said Queen's University psychology professor Wendy Craig.

"A national campaign needs to focus on relationships — relationships between parents and children, relationships between all adults who work or are involved with children and with youth-to-youth relationships," said Craig, the scientific co-director of Promoting Relationships and Eliminating Violence Network (PREVNet).

THE CANADIAN PRESS

Standoff ends in arrest

A hotel guest leaves the Fairmont Pacific Rim Hotel in Vancouver on Monday. A 28-year-old Surrey, B.C., man was arrested after a 10-hour standoff with police at the waterfront hotel. The man reportedly walked into the hotel around 2:30 a.m., showed off his weapon, sat down and waited. Police said he didn't threaten anyone and negotiators attempted to find out what he wanted. He was eventually taken into custody just after noon and then brought to hospital with minor injuries.

JONATHAN HAYWARD/THE CANADIAN PRESS

Malala Yousufzai

Pakistani activist treated in Britain

A 14-year-old Pakistani activist shot in the head by the Taliban arrived in Britain on Monday to receive specialized medical care and protection from follow-up attacks threatened by the militants.

Malala Yousufzai was targeted by the Taliban for promoting girls' education. The attack horrified people across the country and abroad.

The Taliban have threatened to target Malala again until she is killed because she promotes "Western thinking."

THE ASSOCIATED PRESS

Corporal punishment

Teen girl whipped in Timbuktu

A teenaged girl received 60 lashes in Timbuktu after Islamist extremists convicted her of speaking to men on the street.

The girl, about 15 years old, was allegedly caught standing alongside men by the Islamists of Ansar Dine who now run the area.

The Islamists said the girl was warned five times by Islamist police before the public whipping, which took place near Independence Square.

THE ASSOCIATED PRESS

Russian investigation

Pilots in plane crash were drunk

Russia's investigative agency says both the pilots of a plane that crashed last month in Russia's far east, killing 10 people, were drunk.

The plane slammed into a forest on the Kamchatka Peninsula on Sept. 12. Ten of 14 people on board, including both pilots, were killed.

THE ASSOCIATED PRESS

Leaked video

Hulk Hogan suing over sex tape

Reality TV star and former pro wrestler Hulk Hogan is suing a Tampa Bay-based disc jockey, the DJ's ex-wife and a New York media group over a sex tape.

Hogan says he was secretly taped six years ago having sex with the ex-wife of DJ Bubba "The Love Sponge" Clem.

THE ASSOCIATED PRESS

Hulk Hogan THE ASSOCIATED PRESS

Paris court

Man sentenced for attacking photog

A Paris court has convicted a 23-year-old man of attacking and injuring a photographer who had taken photos of a group of women who were breaking a new French law by wearing face-covering veils. The court sentenced Ymad Bilel Benouahab on Monday to 18 months in prison for the attack.

THE ASSOCIATED PRESS

Francesco Schettino, centre, the former captain of the cruise ship Costa Concordia, leaves the Teatro Moderno theatre in Grosseto, Italy, Monday, where the first hearings are taking place for the Jan. 13 shipwreck that left 32 people dead.

GREGORIO BORGIA/THE ASSOCIATED PRESS

Former cruise captain faces victims at court hearing

Costa Concordia shipwreck. Court convenes in Tuscan city to determine whether case will go to trial

The former captain of the shipwrecked Costa Concordia cruise liner came to an Italian court on Monday to hear the evidence against him, while passengers who survived the Jan. 13 collision in which 32 died showed up to look him in the eye.

Wearing dark glasses, Francesco Schettino used a back entrance to slip into a theatre in the Tuscan city of Grosseto that is serving as a courtroom. He made no comment to reporters outside.

The Concordia ran aground and capsized off the Tuscan island of Giglio after Schettino took it off course and brought it close to the island as part of a stunt.

Hearings this week will help decide whether a judge will order trial for Schettino, who is charged with manslaughter, causing the shipwreck and abandoning ship while passengers and crew were still aboard. He denies the charges. Any trial is unlikely to begin before next year.

More than 1,000 survivors, victims' relatives and their lawyers are attending the closed-door hearing to discuss the evidence against Schettino and eight other defendants, including crew members and officials from Concordia owner Costa Crociere SpA, which is owned by Miami-based Carnival Corp.

"We want to look him in the eye to see how he will react to the accusations," said German survivor Michael Liessen, 50, who was attending Monday's hearing along with his wife.

Schettino has insisted that by guiding the stricken ship to shallower waters near Giglio's port instead of immediately ordering an evacuation he potentially saved lives. He has claimed that another official, and not he, was at the helm when the ship struck.

THE ASSOCIATED PRESS

Investigation report

Last month, four court-appointed experts delivered a 270-page report of what went wrong that night.

- **The experts.** Two admirals and two engineers lay most of the blame for the collision with the reef and the botched evacuation on Schettino.
- **Unprepared.** They also noted that not all crew members understood Italian, not all had current certification for evacuation procedures, and not all passengers had participated in evacuation drills.

Tussle over disclosure of documents at inquest

Ashley Smith. Lawyer alleges 'state coverup' at probe into teen's prison cell death

Federal correctional authorities are trying to stop public disclosure of videos and documents during a fight over the scope of an Ontario inquest into the prison death of a deeply troubled teen five years ago.

The motion to seal the materials — which a lawyer for the family of Ashley Smith called a "pure and simple state coverup" — threatens to further delay the already long-delayed probe.

"This is a classic example of the method of doing business by Correctional Service of Canada," Julian Falconer, the Smith family lawyer, said Monday.

"Their first instinct is to seal up and hide from public view."

Smith, 19, choked to death Oct. 19, 2007, in the Grand Valley Institution in Kitchener after repeated bouts of self-harm. She had spent much of her final year in solitary confinement being shunted from one prison to another.

THE CANADIAN PRESS

Second inquest

The inquest under Dr. John Carlisle, slated to begin early in the new year, is actually the second one into Smith's death.

- **First inquest.** The first was aborted last year when the presiding coroner, Dr. Benita Porter, announced her retirement after months of acrimony and bruising legal battles.
- **Jurisdiction.** In its new motion, Correctional Service argues for sealing the video and other materials, which have been filed as part of a battle over Carlisle's ability to have doctors from outside Ontario testify at the inquest.

Not as advertised. Report calls for a new, better flu vaccine

A new report says flu vaccine is not as effective as public health messaging suggests and new and better vaccines are needed.

The report suggests the current vaccines offer moderate protection some years and less in others.

The authors say the problem is that having vaccine that is deemed good enough is a disincentive for the industry to develop longer-lasting and more effective flu shots — especially given that better vaccines would likely cost significantly more.

The report of the CIDRAP Comprehensive Influenza Vaccine Initiative was written by public health experts at the Center for Infectious Diseases Research and Policy at the University of Minnesota.

The authors strongly advocate for major investments to develop new flu vaccines but say in the meantime, people should continue to use the currently available shots.

It questions many of the dogmas that are accepted about flu vaccine, including that vaccinating children will protect the elderly, who don't mount a good immune response to flu vaccine.

As well, it says there is no evidence to support the idea that flu vaccine is more effective in years when the strains included in the shot are a good match for those circulating in nature.

THE CANADIAN PRESS

A nurse injects a patient with a H1N1 vaccine during a flu shot program in Calgary in 2009. THE CANADIAN PRESS

Public safety

Long-delayed gun-marking rules coming soon

The Conservative government that earlier this year killed the national gun registry now says placing serial numbers on long guns contributes to public safety by allowing police to trace them.

The Public Safety department says that, effective Dec. 1, long-delayed rules on gun markings will come into force. The rationale for the move, says a government backgrounder, is "to contribute to public safety, by facilitating law enforcement investigations when the markings can be linked to information on the last legal owner of the firearm."

But unlike the original 2004 regulations that have been postponed three times by the Harper government, the rules taking effect this year will not be enforced on gun makers.

THE CANADIAN PRESS

Perjury

Air India bomber asks court to review conviction

Inderjit Singh Reyat is asking the Supreme Court of Canada to overturn a perjury conviction for his testimony at the Air India bombing trial, further prolonging a saga that began with the deaths of 329 people in the skies over the Atlantic Ocean nearly three decades ago.

Reyat, who himself pleaded guilty to manslaughter for his role in the bombing, was convicted of perjury in September 2010 and later sentenced to nine years in prison — believed to be the longest perjury sentence in Canadian history. He was accused of lying 19 times during the 2003 trial of Ripudaman Singh Malik and Ajaib Singh Bagri, who were acquitted of mass murder and conspiracy in the bombing of Air India Flight 182 on June 23, 1985.

THE CANADIAN PRESS

Family finances in worse shape than expected

Revised StatsCan data.
But new figures also show that Canadians have more assets than previously thought

Canadian households are even more in debt than anyone imagined, according to a revised Statistics Canada calculation that gives a more accurate picture of family finances.

The revisions place household credit market debt in the second quarter at 163 per cent of disposable income, well above the previously reported 152 per cent, although the two levels are no longer a direct comparison.

The new numbers remove non-profit institutions from the household category, giving a more accurate accounting of family finances.

The revision shows debt growth over the last decade that looks "eerily similar to the U.S. experience, just before their dramatic housing bust," said David Madani, an analyst with Capital Economics.

"Overall, this supports our bearish view that Canada's housing boom is unsustainable and the eventual correction, which we think is already underway, is likely to have ... material negative implications for growth," he said.

The revisions show a much steeper climb, with debt growing in each of the past six quarters. Madani doubts the news will cause the Bank of Canada to hike interest rates, saying that point has passed given the slowing housing market and still weak global economy.

There was some good news in the revised data. It turns out Canadians have more assets than previously thought, with per capita net worth rising $7,900 to $190,200 due mostly to an improved calculation of holdings in unlisted company shares. THE CANADIAN PRESS

A revised Statistics Canada calculation puts household credit market debt at 163 per cent of disposable income. RYAN REMIORZ/THE CANADIAN PRESS

Market Minute

DOLLAR
102.04¢
(-0.07¢)

TSX
12,229.96 (+27.92)

OIL
$91.85 US (-1¢)

GOLD
$1,737.60 US (-$22.10)

Natural gas: $3.486 US (-12.5¢)
Dow Jones: 13,424.23 (+95.38)

Activists accuse Walmart's pork suppliers of mistreating pregnant pigs

Animal rights activists protest outside Walmart in Alpine Township, Mich., on Monday. Mercy For Animals, a national U.S. nonprofit, organized the protest to call attention to Walmart's pork suppliers, which they say confine pregnant pigs to small crates. CORY MORSE/THE GRAND RAPIDS PRESS/THE ASSOCIATED PRESS

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WHY CAN'T WE TAKE LOOKS OFF THE POLITICAL AGENDA?

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

With an imminent election happening south of the border, October seems like the perfect month to release yet another research report on the differences between Democrats and Republicans. Last week, I found my eyes permanently rolled into the back of my head after reading about a recent U.S. study that compared the attractiveness of female representatives from both political parties.

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Shockingly, this "study" wasn't performed by a room full of frat boys but by actual researchers at the University of California. Using a computer modelling program, researchers measured various physical characteristics of the members of the House of Representatives to determine which party had more female politicians with "stereotypically feminine facial characteristics."

The results show that Republican women are "prettier" — and we're talking strictly on the outside here, folks — than their Democrat counterparts.

Pretty state of affairs

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Stereotypically feminine facial features? What does that even mean? The entire concept of feminine beauty is a cultural construct, not an objective truth.

The study assumes an ideal kind of beauty determined by a completely subjective set of parameters that have been perpetuated for decades by a media culture that favours full lips and narrow noses. The fact that Female A can be labelled as more gender-normative — and therefore more attractive — than Female B based on eye shape or forehead contouring is absurd.

This isn't science; it's sexism.

There are multiple layers of offensiveness at work here but the most troubling thing about this study is that we continue to invest so much time and effort into caring about what our female politicians look like.

We rarely (if ever) evaluate male politicians like beauty pageant candidates and yet the discourse around women in politics always turns to their physical beauty — or lack thereof. But what does the placement of cheekbones and eyebrow arches really have to do with an individual's capacity to do their job? Nothing.

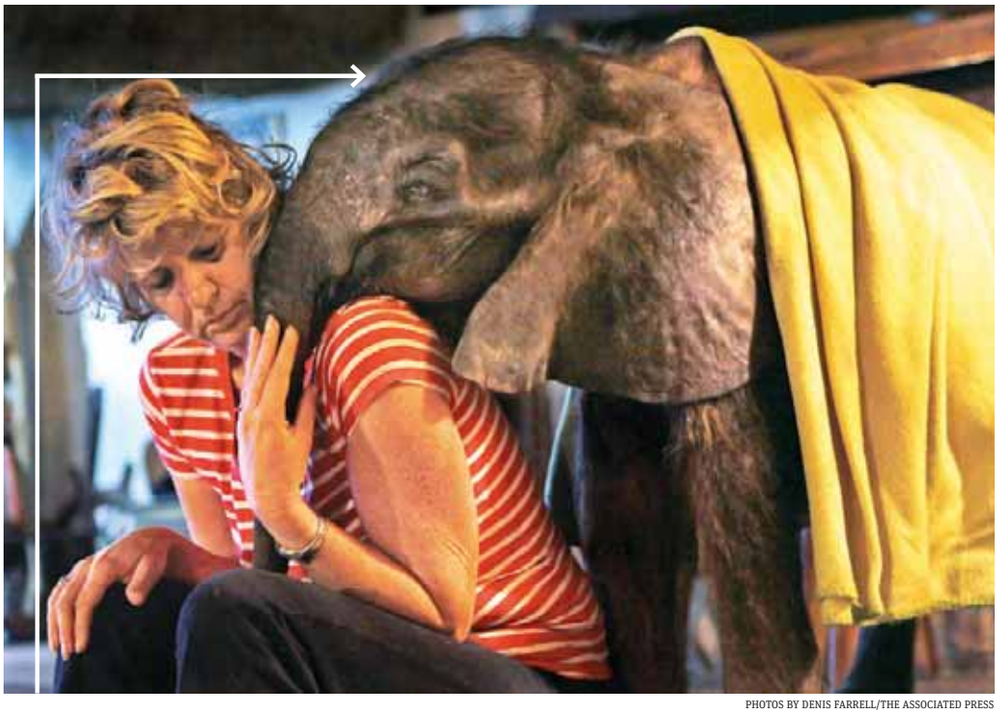
No matter how much progress women make in terms of representation in politics, studies like this and the resulting media coverage encourage us to fixate on appearance — Hillary Clinton's pantsuits, Sarah Palin's hairstyle, Michelle Obama's toned arms — over policy.

And so, since the body politic has strayed so far from reasonableness, I am calling for funding to embark on my own equally ludicrous companion study comparing the penis size of male Democrats versus male Republicans. Because if we're going to focus on the physical, doesn't the public have a right to know who has the most "stereotypically masculine" body parts?

Follow Jessica Napier on Twitter @MetroSheSays

Strong-arm tactics? Michelle Obama speaks on stage during Day 1 of the U.S. Democratic National Convention on Sept. 4. ALEX WONG/GETTY IMAGES FILE

Orphan gets shoulder to lean on



PHOTOS BY DENIS FARRELL/THE ASSOCIATED PRESS

Foundling rescue

Abandoned baby elephant finds welcoming home

A seven-and-a-half-month-old orphaned elephant named Moses cuddles with his adoptive "mother" and foundation owner Jenny Webb, at sunrise at their home in Lilongwe, Malawi. Moses was found alone and close to death in the Vwaza Wildlife Reserve. He has been adopted by the Jumbo Foundation, where he is cared for and is being raised by humans.
THE ASSOCIATED PRESS

Dogs and elephant show

Orphaned elephant calf Moses takes his daily walk with pet dogs Barney, left, and Bagheera, and adoptive "mom" Webb, at their Malawi home on Oct. 8.

Trunk feeder

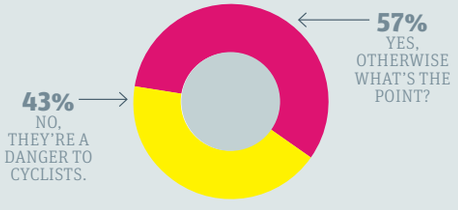
2

Number of feedings Moses receives every hour. Below, the orphaned calf takes one of his two-hourly formula bottles.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should e-bikes be allowed in bike lanes?



Twitter

@lwehlage: I'm faking sick today... I called into work and said I have Bieber Fever, I don't know what it is but it sounds like its going around. #yeg

@bsurby: is there some sort of concert going on in #yeg tonight? I think it's eminem right?

@Sean_On_Demand: "The escalators at this LRT station aren't working? Strange, that never happens." — no one, ever. #yeg

@RedBeardRose: "but sir, the odds of surviving the Whitemud during rush-hour are approximately 3720 to 1". #YEG

@jurassicave: If anybody would bring me a Tims bagel to the 3rd floor of the library, I would give them a braless hug (and/or $10) #macewan #macewanu #yeg

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DVD reviews

Moonrise Kingdom

Director. Wes Anderson

Stars. Jared Gilman, Kara Hayward, Bruce Willis

●●●●○

This beautifully rendered enchantment by Wes Anderson and co-writer Roman Coppola reveals them to be two artists who are very much in touch with their inner rebel kid. Moonrise Kingdom transports us to the sleepy summer of 1965 and a New England island called New Penzance, where two 12-year-olds are on the run. Errant boy scout Sam (Jared Gilman) and curious girl Suzy (Kara Hayward), pen pals turned delinquents in the service of love, are fleeing Sam's bullying troop and Suzy's distracted parents. The two can't escape everything: a hurricane is fast approaching. As Sam and Suzy go native and explore their love — mild petting is shown but sex isn't — the adults, including characters played by Bill Murray, Frances McDormand and Tilda Swinton, run wild trying to round them up.

Extras include three making-of featurettes.

PETER HOWELL

Mamie Gummer confesses that interviews aren't her favourite thing. THE ASSOCIATED PRESS

The doctor is in and ready for the spotlight

Mamie Gummer. Star of new TV series is best known as the daughter of Meryl Streep, but she's got plenty of acting cred

On Emily Owens, M.D., Mamie Gummer plays a med school graduate just starting out as an intern.

No longer will Emily be the nerdy schoolgirl plagued by nervous perspiration, exclusion from the cool crowd and awkwardness with boys! She has reached a long-awaited turning point: adulthood. At least, that's what she tells herself.

Except her new life as a doctor feels uncomfortably like her former life. Denver Memorial Hospital feels eerily like high school, with its cliques and gossip and a fellow intern, who, gorgeous and popular, was Emily's nemesis back in high school.

As a doctor, Emily knows her stuff.

But on a personal level, she's still dorky and naive.

"She's really smart," says Gummer, "which rescues her when her heart and lack of confidence get her into jams. She's very easy to embrace. I really love her!"

With a little luck, the audience will love her, too, and make a hit out of Emily Owens (premiering Tuesday at 9 p.m. EDT on the CW network). And in the process, turn Mamie Gummer into a star.

Maybe then she'll be recognized for her own sizable talents rather than, primarily, as the actress-daughter of Meryl Streep.

The family resemblance is easy to see. But Gummer comes across as more ethereal, more vulnerable than her celebrated mom. Warm and friendly during a recent interview, she is also plainly ill-at-ease at being interviewed.

Gummer makes no bones about it: Interviews aren't her favourite thing.

"I feel like I'm a secondary artist, a kind of a conduit for the writer, and if it's a good writer then I have a great road map. If the material's not as good, or if I'm writing the material — which is what I'm doing right now, talking to you — then I get a little nervous.

"I understand it's part of the job, so I try not to be too guarded," she offers in a gentle, halting voice. "I try to be open, but not completely laid bare."

Asked how she likes her status as a budding celeb, she laughs and answers warily, "We'll see."

THE ASSOCIATED PRESS

No novice

- **On Broadway.** The second of four children of Streep and sculptor Don Gummer, Mamie Gummer may not yet be a household name. But at 29, she has accumulated solid acting credits. She made her off-Broadway premiere in Mr. Marmalade, a dark comedy in which she co-starred with Michael C. Hall. She arrived on Broadway in a revival of Les liaisons dangereuses.

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Four weeks after a rogue virus erupts from a laboratory and spreads throughout the U.K., a handful of survivors try to find sanctuary from the infected hunting them.
28 Days Later will be introduced by Maya Shmulevitz PhD., a virologist at the University of Alberta. Following the film, Dr. Shmulevitz will lead a discussion on viruses, their behavior, and their possible benefits.

Tig Notaro reflects on the stand-up set that changed her life and career

'I have cancer.'
Comedian who opened now legendary performance with blunt confession feels more reflective now

Tig Notaro's performance from August became famous almost immediately and is now available as a live album. KATE LACEY/THE ASSOCIATED PRESS

A frightfully nervous Tig Notaro stood just offstage at the Los Angeles club Largo while Ed Helms introduced her.

The audience of 300 and Notaro's fellow performers that August night had no idea what she was about to do. They had no idea she was going to address the trauma and pain that had been the last few months of her life, or relay the bad news she had received just days earlier. They had no idea she was about to perform the bravest set they had ever seen.

"Good evening! Hello. I have cancer. How are you?"

With those words — said cavalierly in the normal stand-up greeting manner — Notaro launched into a 30-minute performance that immediately became legendary in comedy circles and that's now available as an unlikely live album via a $5 digital release by comedian Louis C.K. In just a week, it's sold more than 60,000 copies.

The 41-year-old Notaro, a stand-up veteran of 15 years, was in the midst of a string of misfortunes: She had been hospitalized and debilitated by clostridium difficile, her mother had died in a tragic accident, she went through a breakup, and, days earlier, she had learned she had breast cancer.

"It's weird because with humour, the equation is tragedy plus time equal comedy," Notaro told a stunned crowd. "I am just at tragedy right now."

But Notaro's performance wasn't a weepy lament. It was matter-of-fact storytelling, filled with heartbreakingly funny observations. It was taking comedy straight into darkness and grief, in the rawest catharsis.

"It felt amazing," Notaro said in a recent interview, days after moving from Los Angeles to New York. "When I was on stage I felt, 'Wow, I think something really special is happening.'"

The audience — at turns confused, amazed, gasping, saddened, hysterical — cheered her on, some through tears. Among those there that night was Louis C.K., who insisted Notaro release the largely unrehearsed show as a comedy album. He put it out on his website, calling it "one of the greatest stand-up performances I ever saw."

"Here was this small woman standing alone against death and simply reporting where her mind had been and what had happened and employing her gorgeously acute stand-up voice to her own death," C.K. wrote on his website. "She proved that everything is funny. And has to be."

It took Notaro more than a month to convince herself to release it (mostly because it was so raw and off-the-cuff, like an open-mic performance), but she was eventually swayed by thinking it could help someone. (Part of the proceeds will go to charity.) She dubbed it the typical-seeming title Live, but it's meant to be pronounced as in "to live."

Notaro was performing that night partly to work out material she had written on her ordeal, having been urged by This American Life host Ira Glass, who would later feature her story on the radio program. Just 90 minutes before going on stage, she had thought she would begin by sitting down and laying everything out for the audience. Instead, while showering, she decided such an apologetic opening was "lame" and was seized by maniacal laughter at the thought of beginning as she did: "This is how I'm going to deal with having cancer," she told herself. She paused, worried that she might offend anyone with cancer, before realizing: "Wait, I have cancer."

"I just really needed to talk about it," says Notaro, explaining her mindset at the time. "What if my life is slipping away right now? What if this is the last time I can get on stage? ... I certainly never thought that was going to be my second album."

Notaro is now back from the brink. She had a double mastectomy and doctors believe the cancer has been removed with recurrence unlikely. She finds herself a sensation, and has signed a book deal with Ecco Press. Her first album, Good One, is among the bestsellers on iTunes. "I've never gone viral before," she says.

"I didn't expect any of it — the good or the bad — and to the degrees that things have happened!" says Notaro, who's just begun a previously hired job writing for a Comedy Central show starring the comedian Amy Schumer. "I cannot wait, and I'm so curious, for the time that I have a boring day with nothing going on. I have not had a boring day in seven months."

It's an unlikely high-point for Notaro who has for years been a respected and popular stand-up. She grew up in Mississippi before moving with her mom to Houston. Notaro, whose real name is Mathilde, was nicknamed "Tig" by an older brother. Long a fan of Richard Pryor, Steve Martin and Paula Poundstone, she first began performing when she arrived in Los Angeles about 15 years ago. Performing at Largo in August — "a live-wire of nerves," she said — reminded her of that first time.

Her stand-up, while personal, hasn't typically been confessional or dark. Among her most famous routines is a never-ending bit about repeatedly running into '80s pop star Taylor Dayne. Performing on Conan, she also stretched absurdity, spending the majority of her set pushing a stool around the stage.

But now, Notaro realizes a shift has occurred in her comedy and that she can't return to her old material. Live ends with her telling one of her jokes — one about a bee on a highway in Los Angeles — but she's telling it ironically. After talking about cancer and death, the joke is funny for being so foolish by comparison.

"I cannot imagine — and maybe it's just a matter of time — doing that kind of material right now," says Notaro, who hasn't yet performed since. "I feel a little more reflective and searching. My comedy is beyond me right now.

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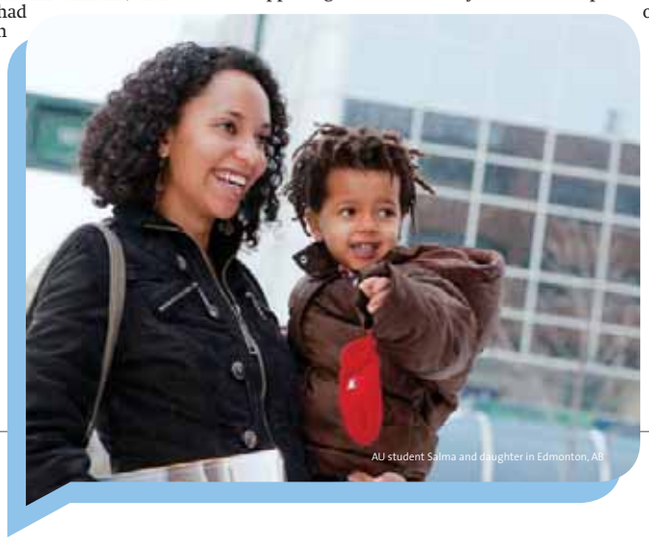
New beginning

'I feel like I've just been born'

Since Tig Notaro's confessional performance in August, she's experienced some big changes in her comedy and career. "I have no idea what's coming," she says. "It makes me feel like I'm just starting in stand-up. I feel like I've just been born, but I feel like I've been born with every tool I need in life. If you had a baby and it was born with all the experience it needed. That's how I feel."


AU student Salma and daughter in Edmonton, AB

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Jamey Johnson's tribute to Hank Cochran cements their friendship in Nashville lore. MARK HUMPHREY/THE ASSOCIATED PRESS

Country maverick Jamey Johnson is back with a tribute to Hank Cochran

Living For A Song. Album celebrates an old Nashville tradition, features a long lineup of notable musicians

Hank Cochran was one of country music's greatest songwriters. He was also an opportunist, something Jamey Johnson discovered when he met him at a mutual friend's office several years ago.

"Hank was there, and as I was shaking his hand, Hank pulled out a CD of songs that had my name written on it," Johnson said of the late music legend. "So I didn't know I was going to meet Hank, but he sure enough knew he was going to meet me that day. He was planning on it, and right off the bat he was pitching me songs, and every time I saw him he was asking me to cut this one or cut that one."

Johnson pays tribute to Cochran with the release this week of Living for a Song: A Tribute to Hank Cochran, a deep look at the songwriter's career. Johnson teams up with stars like Willie Nelson, George Strait and Alison Krauss on what is mostly a duets album comprised of Cochran classics such as Make the World Go Away and I Fall to Pieces.

Co-produced by Cochran's friends Buddy Cannon and Dale Dodson, the 16-track album also includes one Johnson solo song, Would These Arms Be in Your Way.

Star-powered album

For the tribute album, Jamey Johnson cut two tracks with good friend Willie Nelson, who got his first paying job in Nashville thanks to Hank Cochran, and other iconic singers like Merle Haggard, Ray Price, Vine Gill, Bobby Bare and Kris Kristofferson. But he said the most powerful experiences for him were the songs he sang with Alison Krauss, Emmylou Harris and Lee Ann Womack — "humbled is the word that comes to mind," he says.

"He was pretty adamant about wanting me to cut that song," Johnson said.

The album cements the friendship of Johnson and Cochran in Nashville lore and represents another creative left turn for the fiercely independent 37-year-old Alabama singer-songwriter. Johnson sang at Cochran's bedside the night he died of pancreatic cancer in 2010 at age 74. He carried that tribute a step further by making a rare modern example of a country performer saluting a songwriter's body of work. Once a fairly regular staple in Nashville, they've pretty much disappeared. Johnson could think of no better reason to bring them back. "There's not a writer I think any more deserving than Hank Cochran to have an album done in the way that we did this one," Johnson said.

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Rolling Stones keep rocking, 50 years on

Concerts announced. Legendary band plans shows for London and Newark to celebrate landmark anniversary

You can't always get what you want — but if your desire is to attend a Rolling Stones concert this might be your lucky day.

The legendary band said Monday it would return to the stage this year with four concerts in Britain and the United States. The shows will take place on Nov. 25 and 29 at London's O2 Arena, followed by gigs on Dec. 13 and 15 at the Prudential Center in Newark, New Jersey, just outside of New York.

The shows mark the first time in five years that the Stones have performed live, with Mick Jagger, Keith Richards, Charlie Watts and Ronnie Wood all coming together once more. The band said it was the "crowning glory" of celebrations marking its 50th anniversary of its first gig.

"Everybody loves a celebration, and London and New York are two good places to do it in!" Jagger said in a statement.

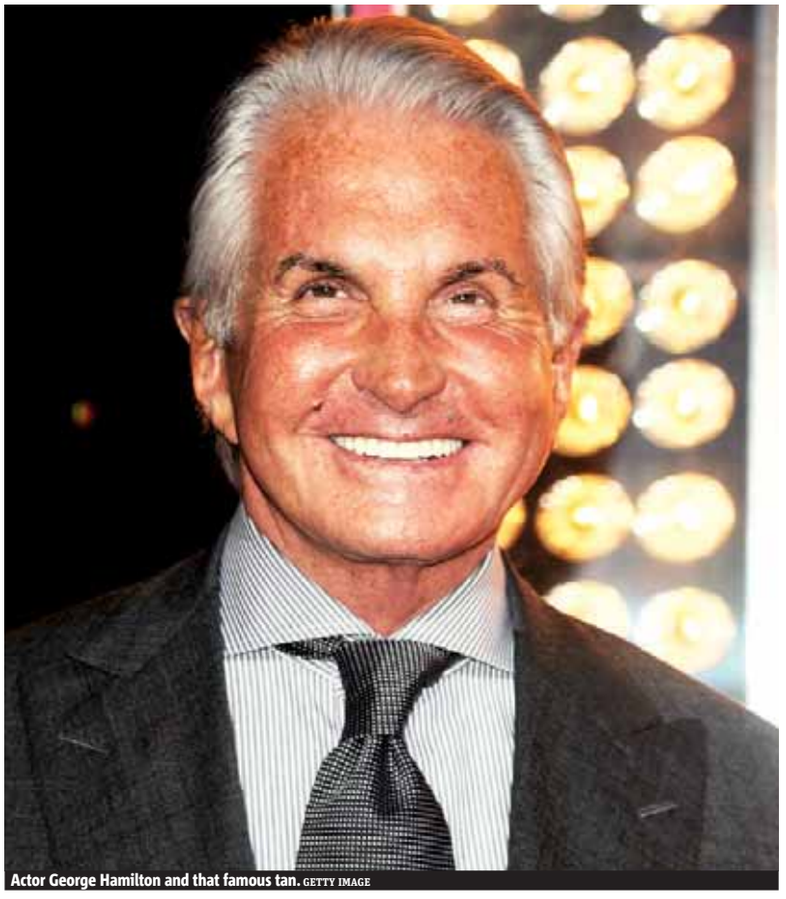
The Stones have sold more than 200 million records, with hits including (I Can't Get No) Satisfaction, Street Fighting Man and You Can't Always Get What You Want.

The Rolling Stones. JONATHAN SHORT/THE ASSOCIATED PRESS

But in recent years much of their income has come from touring.

Their last global tour, A Bigger Bang, earned more than $500 million between 2005 and 2007.

THE ASSOCIATED PRESS



Actor George Hamilton and that famous tan. GETTY IMAGE

Veteran actor/ladies' man Hamilton shows us he's still tan-tastic

Q&A. As smooth and funny as ever, the Love at First Bite star shares some time and advice with Metro readers

MARK BRESLIN
scene@metronews.ca

George Hamilton is renowned for his handsome, martini-swirling, jet-setter image, and of course that famous bronzed skin. These days he is partial to reality TV shows and movie spoofs, although in his early acting days the Tennessee native was a serious contender for dramatic film stardom. He drifted into comedy and parody though, occasionally delving into drama or theatre, but ultimately forming a successful career. Here Metro's Mark Breslin poses some questions to the man himself.

You've been involved with some of the most beautiful women in the world. What advice would you give a young man just starting out?
The first thing you tell a woman is that sex is something you want and you wouldn't be with them unless you wanted to have sex. You may have dinner with them 100 times before that happens but you want them to know you would never pounce on them. Then you let the woman know you're old-fashioned; basically you open doors, stand up for them. That puts you in control, they can't even open the door without you, it's wonderful. And you order for her, they find it very charming. And then the other part of that is, you don't have to say you're faithful. There could be the possibility of other women but you never lie. You never lie about that.

George, you're known for your signature tan. Do you have any friends that are dermatologists?
Yes and they've all asked me what my secret is.

How many tuxedos do you own?
Probably about 50. Sinatra probably wants one of them back.

Do I have to ask your position on casual Fridays?
I don't even know what casual Fridays are.

Do you think it's a particular challenge for a handsome man to do comedy?
I don't think anyone expects a good looking guy to be funny and I think that's part of the problem. I had to produce movies like Love at first Bite, and Zorro: The Gay Blade just to show that I was funny. Then they forget that you can play serious!

Brad Pitt ALL PHOTOS GETTY IMAGES

Pitt the pusher? Brad says he could nab you the bad stuff

If you're looking to get high, Brad Pitt can hook you up.

"It's certainly true that I could probably land in any city, in any state, and get you whatever you wanted. I could find anything you're looking for, give me 24 hours or so," Pitt said, criticizing the U.S. war on drugs while introducing a screening of the House I Live In, a documentary about drugs in America, according to Us Weekly. "And yet we still support this, I have to say, this charade called the drug war." That being said, though, Pitt says he doesn't currently imbibe himself. "My drug days are long since past," he admits.

A fast fix?

"I could find anything you're looking for, give me 24 hours or so."

Brad Pitt

Social media and the spotlight scaring Stewart

Becoming famous has made Kristen Stewart become afraid for her life, she admits in a new e-book called Robert Pattinson, Kristen Stewart, Taylor Lautner — In Their Own Words compiled by Talia Soghomonian. "Nowadays it's harder because everyone is on Facebook and everyone knows where you are all the time, and everyone's twittering," Stewart says. "Like I'm going to die because somebody is going to say where I am and somebody is going to kill me. Someone's going to twitter my location and then it's going to be like, boom."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kourtney, keep an eye on your guy

THE WORD
Dorothy Robinson
scene@metronews.ca

Non-newsflash: Scott Disick is apparently a terrible person, according to a new story by The Daily's Flash.

The site reports that during a boys' night out at the Vista Lounge in the Mohegan Sun Casino, Kourtney Kardashian's baby daddy was spotted canoodling with a "hot blonde" and acted "incredibly mean" to his waitress.

"His arm slung cozily around a hot blonde with her hair in a topknot, Disick seemed to be loving the bachelor lifestyle," The Daily's Flash reported about his questionable actions.

"Scott was so incredibly mean," his bottle waitress was overheard saying. "He literally ripped the bottle out of my hands when I came to the table, and later, he and his friends were just dumping drinks on me. I'm glad to be done with their table for sure."

Another eyewitness told the site, "It seemed so obvious his relationship with Kourtney is for show."

If I were Disick, I'd watch out. If he blows the carefully-crafted illusion that he and Kardashian are still a couple I'm pretty sure he'll one day soon wake up next to a horse head, courtesy of Kris Jenner.

Susan Sarandon

Sarandon didn't get her start the sleazy way

Susan Sarandon is a well-respected, Oscar-winning actress, but she didn't always have it so good. In fact, Sarandon admits that early in her career she was even exploited in a 'casting couch' experience. "It was not successful — for either of us. I just went into a room, and a guy practically threw me on the desk," Sarandon tells Elle magazine. "It was my early days in New York, and it was really disgusting. It wasn't like I gave it a second though, it was so badly done." The actress declined to offer specifics on the role for which she was auditioning at the time.

Twitter

@chriscolfer
Guess I can't send 300 friends links to weight loss pills without it looking suspicious anymore. Maybe I wasn't hacked, maybe I just care.

@JulietteLewis
Do u realize Jack White, Neil Young, Bob Dylan are all playin Tulsa while Im there next 2 months working on a movie?? #TheUniverseProvides

@BetteMidler
Back to the guitar. Slow going and rough sledding. Am starting to sound like an elderly pioneer crossing the plains. Next, a bonnet.

@rickygervais
The autocarrot on my nubile prone is defamatory flocked.

LIFE 3

Why you get adult acne

Skin care Are zits ruining your life? Experts tell us why we're never too old for a breakout.

ROMINA McGUINNESS
life@metronews.ca

Did you just call in sick after noticing a big fat spot on your cheek? Bail on your super hot date?

"Acne equals ugly. It's a social stigma," Dr. Kathy Fields, founder of Proactiv skin care tells Metro.

But why?

"There's nothing more hurtful to the ego than being an adult with issues of a teenager," says Dr. Paul Jarrod Frank, cosmetic dermatologist. "It affects their ability to be successful at work and to have physical and emotional relationships. If their skin doesn't look good, they'll cancel social plans."

"Teens get acne on their nose, cheeks and forehead during puberty. In adults, it tends to appear along the hairline, chin and neck, and is caused by hormonal changes and stress," explains skin scientist Dr. Ava Shamban.

How it forms

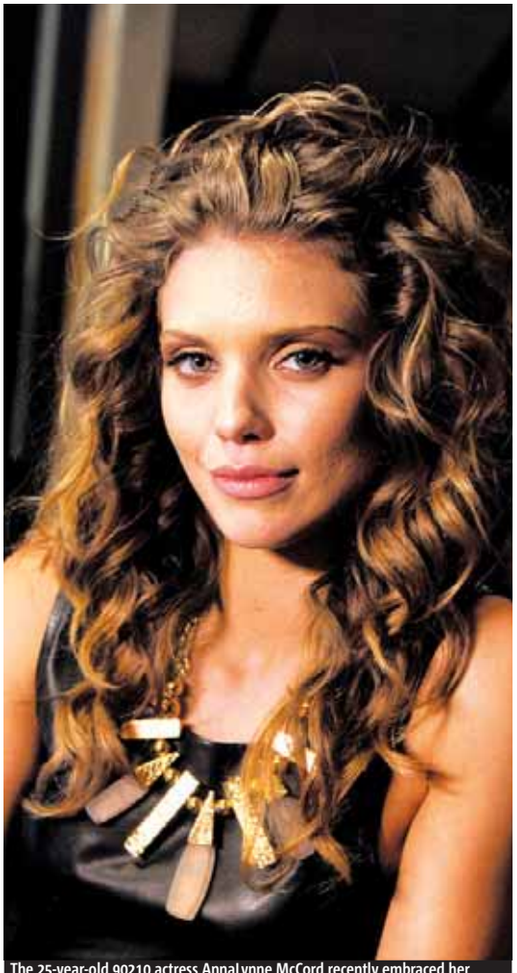
Fields explains how the process is the same whether you're a teenager or an adult, male or female.

"All acne is hormonal but the process of a plug in the pore, the overgrowth of bacteria and the resulting inflammation (mild or severe) is genetic," Fields said.

Why it forms

Most likely: your hormones have gone haywire

Whether it's stress, diet, PMS or pregnancy, hormonal imbalance is the main reason why an adult gets acne.



The 25-year-old 90210 actress AnnaLynne McCord recently embraced her blemishes by posting a picture of herself on Twitter with no make-up. GETTY IMAGES

"The first thing I want to know if a patient has acne is, what's going on with their hormones?" cosmetic dermatologist Dr. Elizabeth Tanzi tells Metro.

"Acne forms when an excess of male hormones called androgens (which occur in both men and women) stimulates the sebaceous glands to produce extra oils," explains Shamban.

The sticky oil creates a plug under which bacteria begins to grow. The body's response with inflammation is the spot that shows up on the surface of the skin about two weeks later.

The stat

"30 to 50 per cent of adult women have acne."

Dr. Kathy Fields, founder of Proactiv
Speaking about the issues that adult women have.

Very likely: you're stressed out

"Stress can trigger heightened levels of androgens, triggering breakouts. Cortisol (the stress hormone) and other adrenal steroids can stimulate the sebaceous glands, resulting in acne flare-ups," warns Shamban. "Cortisol is going to pump any time you are experiencing a stressful moment, whether that's a text from your crazy ex or getting promoted."

Less likely: it's your unhealthy lifestyle

Adults are desperate to find out why they have acne.

Is it their diet, exercise, stress?

"Lifestyle is never really the cause, but it doesn't help," explains Frank.

"When we stress, we crave junk food and carbohydrates — another response to the rise in cortisol — which can trigger acne," says Shamban.

But according to Fields, the newest acne culprit may be (genetically modified) wheat.

"One theory is that the protein in wheat-gluten is very toxic to the gut. This could be causing extra inflammation in the body, which then translates into anything from headaches to acne."

Even less likely: mechanical rubbing

Acne mechanica is when inflammation from chronic rubbing leads to acne.

"We touch our face up to 12 times an hour. Resting your chin on your hand at work, pressing your cellphone on your chin, or wearing tight clothing could be the cause," says Shamban.

Now fix it

Adult acne is treated differently to teen acne.

"Adults are breaking out but their skin isn't that oily. Classic treatments prescribed to teens irritate adult skin," says Tanzi.

You need to be more aggressive, adds Frank.

"Make a teenagers skin 50 per cent better and it's a success. Make an adult's skin 50 per cent better and they're still miserable."

Medicate

"You can't change your hormones if you're a man but for women, we can consider birth control pills to suppress sebum-triggering androgen production in the ovaries or anti-androgens to reduce sebum production," says Fields.

Make the right lifestyle choices

"When my patients go strict with no carbs and no dairy (they don't cheat and go gluten-free) and stick to fruit, vegetables and protein, their skin improves," says Fields.

According to Shamban, a diet high in vitamin A and beta-carotene helps.

"Sweet potatoes, apricots, kale or spinach increase your resistance to bacteria. Exercising also helps as it breaks the inflammation cycle in the body."

Clean, exfoliate and hydrate your skin

"Choose an AHA-based cleanser to clear dead skin and act as anti-inflammatory. Hydrate with a non-comedogenic moisturizer because if skin becomes dry, it will produce more oil and heighten breakouts," says Shamban.

Looking for answers one cell at a time

Health technology.
Tiny probes now capable of identifying serious illness on a microscopic level

BEN KNIGHT
life@metronews.ca

New technology is allowing for same-day diagnosis. ISTOCK PHOTOS

Cancer is an enormous problem — one that begins at the microscopic level. If one cell in a hundred-trillion becomes cancerous, that could herald the onset of a catastrophic illness.

Pretty much anything is treatable at that level, but traditional diagnostic medicine simply can't get there that fast.

But a stunning new technology has created tiny probes, actually capable of finding and identifying illness — one cell at a time.

"These probes allow you to look at the cells inside the G.I. tract — the colon, stomach, esophagus, the bile ducts and pancreatic ducts," says Dr. Michel Kahaleh, professor of clinical medicine at Weill Cornell Medical College.

"You finally get the one-stop shop. You come, you get a diagnosis, and you're treated the same day. A patient will be more relieved to know that they don't have cancer — or that it can be treated faster if they do."

The probes use an innovative technology called confocal laser endomicroscopy.

While not actually microscopic themselves, they can be threaded through tiny bodily structures, and have the imaging power to isolate — and explore — single human cells.

"To be able to see those cells, you inject fluorescein," Kahaleh explains. "Normal cells remain clear. Abnormal cells can barely take it, and become very dark. Dark is bad."

Effectively, the probes perform the equivalent of a biopsy, but no samples of flesh have to be torn from the body. This means affected cells can be examined in context, giving a vastly clearer picture of what's actually happening at the cellular level.

"I've had patients who went to surgery earlier because of this technology. I've also had patients where we prevented surgery that was not necessary."

Many current cancer tests can produce false positives causing all kinds of anxiety.

These create enormous stress, wasting precious time and resources treating patients who are perfectly healthy.

This new technology has the potential to sharply reduce errant results.

"In the future, if this is fully validated, it will replace biopsy," Kahaleh concludes. "It can provide an immediate ability to get a diagnosis."

By the numbers

100

There are an estimated 100 trillion cells in the human body.

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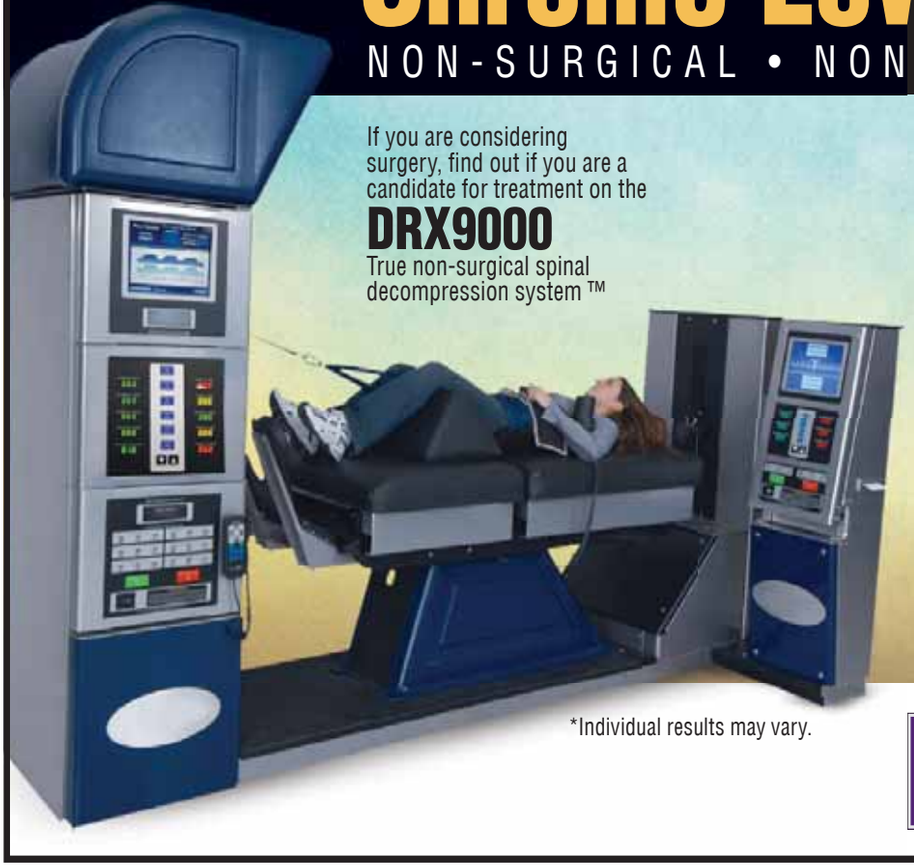

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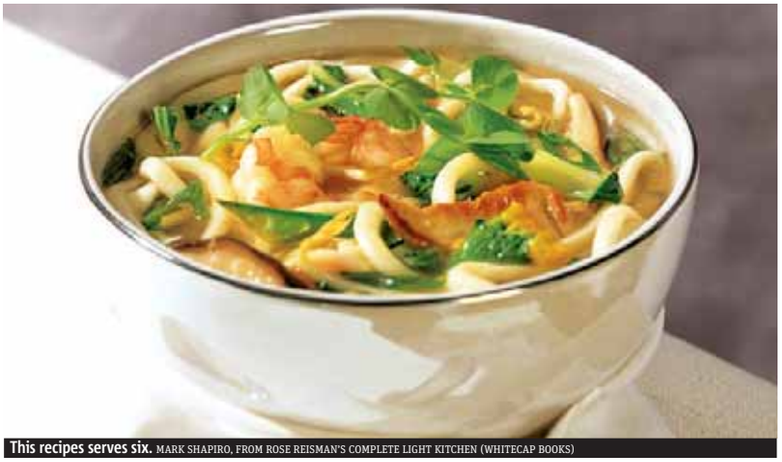

This recipes serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 4 oz skinless boneless chicken breast (about 1 breast), diced
- 2 tsp each minced fresh ginger and garlic
- 6 cups chicken or beef stock
- 2 tbsp low-sodium soy sauce
- 6 oz fresh udon noodles
- 2 cups sliced bok choy
- 1/2 cup sliced snow peas
- 6 oz raw shrimp, peeled, deveined and chopped (about 3/4 lb unpeeled)
- 1 cup bean sprouts
- 2 green onions, chopped
- 2 tsp sesame oil
- 3 tbsp chopped parsley

To keep the bean sprouts fresh longer, store them in water in the refrigerator.

1. Spray a non-stick wok or large non-stick saucepan with cooking oil. Add the chicken and cook over medium-high heat for 4 minutes, or until the meat is barely cooked through. Add the ginger and garlic and cook for 1 minute. Set aside.

2. Bring the stock and soy sauce to a boil in a large saucepan. Add the noodles and return to a boil. Reduce the heat to medium-high and cook for 4 minutes, or until the noodles are tender. Add the bok choy, snow peas and shrimp. Cook for 2 minutes, or until the shrimp are pink and the snow peas are tender-crisp.

3. Add the chicken, bean sprouts and green onions. Cook just until heated through. Ladle into individual bowls and garnish each serving with a drizzle of sesame oil and a sprinkle of parsley. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

The Seedy Truth

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Magnesium is a mineral that your body needs to regulate muscles, heart rate and help build bones.

It is a crucial nutrient that often gets overlooked but you need, on average, 400 mg each day.

It is found in oat bran, buckwheat and artichokes (you eat loads of those foods, right?).

Maybe this is why most North Americans are believed to be magnesium deficient.

Your best bet for boosting intake is to go to seed.

Sprinkling these high magnesium nuggets on every salad, pasta, stew or soup will get you much closer to your optimal intake.

Check out these super seeds (approximate mg of magnesium per shot glass):

- **Sunflower seeds: 91 mg**
- **Sesame seeds: 97 mg**
- **Flax seeds: 110 mg**
- **Chia seeds: 118 mg**
- **Pumpkin seeds (green): 150 mg**

This brings a whole new meaning to the word "seedy."

Protecting each and every cell in your body is better served when you behave like a bird.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Pretzel Cheddar Soup. Rich, creamy

This soup will help put a little meat on your bones.

We wanted to know what would happen if we replicated the awesomeness that is cheese fondue, but as a soup. This is what we got.

We topped our soup with crumbled pretzels because we like the contrast between the rich and creamy soup and the salty, crunchy pretzels.

But croutons — especially homemade and just lightly crunchy — also would be a delicious way to top this soup. Crushed corn tortilla chips would be great, too.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 4 oz bacon, diced
- 1 yellow onion, diced
- 1 medium leek, white part only, diced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 3 tbsp all-purpose flour
- 1 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 12-oz bottle ale
- Pinch of cayenne
- 1 cup low-sodium chicken broth
- 1 cup milk
- 1 lb very sharp cheddar, grated
- Salt and ground black pepper
- 1 cup broken pretzels

1. In a large deep pot, cook bacon over medium heat until crispy and browned, eight minutes. Using slotted spoon, transfer bacon to a paper towel, leaving the drippings in the pot.

2. Add onion, leek, carrots and celery to pot. Increase heat to medium-high and sauté vegetables until browned, 10 minutes. Add flour and stir to coat vegetables. Stir in Worcestershire sauce, Dijon mustard, ale and cayenne. Stir continuously while returning to a simmer.

3. Add chicken broth and milk and mix well. Return to simmer, then cover and lower heat to medium. Cook until vegetables are tender, 15 minutes.

4. Working in batches, transfer mix to blender and purée until smooth. Return soup to pot over low heat, then stir in cheese, a little at a time. Do not allow soup to boil. Season with salt and black pepper. Ladle into bowls. Serve topped with broken pretzels.

THE ASSOCIATED PRESS

Dinner parties

Is it rude to bring one's own food?

Dear Charles The Butler. Is it considered rude to bring one's own food to a dinner party even when it's not a pot-luck affair?

The reason I ask is because I have a gluten intolerance and a few serious food allergies, so things can go wrong if I eat anything I'm not supposed to. I don't expect people to cater to my dietary needs or change their menu plans for me at all but I'd like to be able to still go to a dinner party and not end up in the hospital. How would you approach the host of the party in advance about this? I don't want to insult or offend anyone. What are your thoughts? Thanking you in advance, yours faithfully, Better Safe Than Sorry.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Better Safe Than Sorry, I truly believe that on the condition you are seriously allergic or have serious health issues, discussing this with the hostess ahead of time and bringing something simple that follows the host's meal is fine. My only fear in answering this question is that I don't want people to interpret that they can bring their own food for a multitude of reasons. This should only be done in extreme cases like yours. Usually it would be quite unacceptable.

Think before you bring food. ISTOCK

Dee truth about teaching

New book. Former educator turned funnyman relives his blackboard days

In his soon-to-be-released book, comedy all-star and former teacher Gerry Dee relives the proud, the painful and the totally hilarious moments of life in front of the chalkboard. Check out this excerpt from Teaching: It's Harder Than It Looks, where Dee recounts the repercussions of a rough night out ....

"I made the big mistake of assigning a presentation on a day when I was hungover. Bad idea. The kids clap after every presentation. When you're hungover, that sound feels like someone's mowing your brain.

Presentation Day is the biggest day in the life of a Grade 5 student. They get so excited about their presentations, especially the girls. As soon as I said the word "presentation," the girls weren't listening anymore.

They were just waiting for the word "partners." And when I said the word "partners," they signalled across the class to their best girlfriends. The result was always the same. Some girl signalled to her friend, and then had to announce it out loud: "Yes! We're partners. We're going to do our presentation together because we're partners."

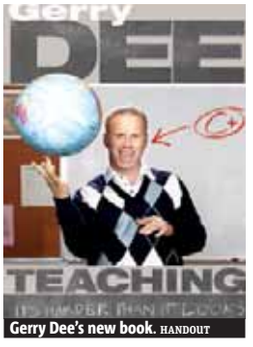
"But can't I be your partner?" another girl would say. "Sorry, Julie. I already signalled to Jennifer." Then the girl who was left out would ask, "Sir, can we have groups of three?" "Sure, go ahead. You can have groups of eight, for all I care." I wasn't planning on listening to the presentations, so what did it matter?

"Yay!" More clapping. Shoot me. I hated partners because there was always some kid who'd never get picked. So I had to partner with him, which I was not in the mood to do. He might smell the booze on me and I would have had to do all the work. That's when I'd throw him with two girls I didn't like just to piss them off. "Julie and Samantha, Robert is going to join you two for your presentation on the giraffe." Ruined their life.

As I'd listen to these presentations on the giraffe or the platypus or the hamster, it always amazed me, first, how bad they were and, second, that the kids actually thought I was listening. They were so unorganized and boring. They would ask to start over every two minutes. They would argue about who was supposed to say what.

I would close my eyes and try to focus on getting rid of my headache. I'd already decided from the beginning that everybody was getting seven out of 10. Because there was no way I was actually going to listen to the presentations and mark them. I was hungover. I could barely breathe. But these kids never got it, and they'd put their hearts and souls into their presentations.

Before the group of girls presented, they'd always have a huddle conference, and I could hear them saying, "This is the biggest presentation of the year. It might be the biggest presentation of our lives. We need to do this right. We need to get extra marks. Right. Go team!" They always had to get extra marks. They'd do anything to get extra marks. They'd bring in a giraffe if that meant they'd get extra marks. "Suzie, it's time. Bring in the giraffe. Class, this is our giraffe. We brought him from Africa especially for our presentation. Giraffe, stop! Stay still!" "That's great, girls. You brought in a live giraffe. Excellent idea. That is worth a bonus mark."



Gerry Dee's new book. HANDOUT

What I wanted to say was, "Are you kidding me? You went to Africa for a Grade 5 presentation that I am not even listening to? Get the giraffe out of here!" Inevitably, the girls' groups would break down halfway through the presentation and they'd all start to argue.

"Today we are going to talk about the giraffe. The giraffe is an animal that—" "Hey, I was supposed to say that!" "No, you weren't." "Yes, I was. That's what we agreed!" "Sir, can we start from the beginning?" "No. No way. That was great. Seven out of ten. Sit down." Next up, John is doing the platypus."

ELIZABETH BEDDALL

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The boom in boomer business

Alison on Money. Canadian boomers giving 'retirement' a whole new meaning

YOUR MONEY
Alison Griffiths
money@metronews.ca

In numbers

- 9.6 million Canadians are boomers.
- 29 per cent of Canadians are boomers.

It's the classic Canadian retirement scenario: Travel, time with the grandkids, golf and gardening. Sound good?

Not according a whole bunch of about to "retire" Canadians. A recent survey conducted for TD Canada Trust found an astonishing 54 per cent of boomers nearing retirement had either started a small business (15 per cent) or were contemplating it (39 per cent.)

After operating my own small business (writing) for more than 30 years, the idea of becoming an entrepreneur near retirement seems, well, kind of tiring.

I assumed the rush to be a late life startup relates to worries about retirement income. Unfortunately, that question wasn't directly asked. However, 53 percent did want more money and 32 per cent said that opening a business was part of a retirement strategy.

But for the majority, the motivation doesn't seem to be about money. Fifty-eight percent just want to be their own boss.

Warning! When you operate a business you don't just have one boss; often you have many and it can be hard to serve numerous masters well.

I can understand starting a business that capitalizes on existing skills and contacts to supplement retirement income. This is a natural progression with no steep learning curve.

I guessed that many of those surveyed would follow this path.

Wrong again. Sixty-seven percent intend to venture into something that has nothing to do with their day job. This is where I worry. It's a special person who can start and run a small business after a lifetime of being an employee.

Forty-two percent of the budding entrepreneurs admit that financing is going to be the big challenge. As a public service I will save them some trouble. They won't get any. A line of credit is likely to be their best and only friend.

On the plus side, boomers have tons of experience — most have weathered difficulties and disappointments. They're also more likely to know how to ask for help and admit mistakes than the younger set. Learning to park your pride takes time.

Another plus. You can't golf or garden in the snow. But weather is no barrier to messing about with a grand idea.

Gifts

It's not too early to start holiday shopping

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Many consumers are starting their holiday shopping by the beginning of November. ISTOCK IMAGES

On Thanksgiving Monday, my family pulled names from a Santa hat for our Secret Santa gift exchange that will take place over the Christmas holidays. Though it may seem a bit early, with limits of $150 per gift, and only one gift per person, we're ready to start shopping.

According to a poll conducted by Retailmenot.com in October, approximately 40 percent of consumers start holiday shopping at the beginning of November.

But, 70 percent of respondents still have a dismal view of the economy and nearly 25 percent are concerned about being able to afford their holiday purchases over the next few months.

Start your holiday shopping early this year and save a bundle.

Having more time to shop is beneficial because you'll be less likely to cave-in to last minute impulse purchases.

You'll have more time to get organized, source out deals, and find coupons.

The IPSOS poll conduced in November of 2011 revealed that Canadians spend approximately $650 on holiday shopping. If you're like most Canadians and get paid twice a month, you have approximately five pay cheques to go before the holidays are here.

If you spread out your purchases equally between each pay period, which will allow you to ease up on your cash flow, you'll spend approximately $130 per cheque ($650 divided by five pay cheques).

If your pay cheques are 100 per cent maxed out, generate some extra cash by working overtime or doing freelance work like writing or cleaning up yards.

Cut out parking expenses and take the bus or Car2Go instead. Forgo eating out and make meals at home. Sell underutilized goods from your house on Kijiji; ensure you post a good picture, description and price it right. Raise your insurance deductible, which can save hundreds each month.

If you're heading down to the U.S. for work or pleasure, pick up your gifts while you're away. With higher duty-free limits, a strong Canadian dollar, greater selection and deep discounts (related to a struggling U.S. economy), you can save big dollars on gifts.

While you're loading up on bulk toilet paper at Costco, look for discounted gift ideas.

Each year I purchase an on-sale box of 12 bottles of quality wine, from a local bulk distributor, which I keep on hand for gifts and dinner parties. I also try to buy more expensive gifts at bulk distributors because their buying power is strong and translates into savings for me.

Rather than stretching your budget to purchase little gifts for everyone in the family, try a Secret Santa where you draw names and only buy one gift.

Alternatively, talk to your family about having a 'lean' holiday season where you exchange small items, baking, or simply spend time together rather than spending money.

BIGGER PICTURE

LET SCOTIABANK HELP YOU EXPAND YOUR BUSINESS

ISTOCKPHOTO/THINKSTOCK

5 KEY EXPANSION QUESTIONS

1. Is the market large enough and accessible enough to support your growth?
2. Will the anticipated increase in sales offset the costs of additional staff, space, equipment, financing and overhead?
3. How will expansion affect your existing customers?
4. Can your current suppliers keep pace with your growth?
5. What impact will expansion have on your lifestyle, family life, and work-life balance?

Jeff Morris shared a dilemma with the thousands of Canadians who run small, successful businesses: How to expand safely.

Morris' company, Two Dogs Media, specializes in professional corporate videos. He started the company in 2005 with a relatively simple business model: Maintain a home office and rely on a network of freelancers — camera operators, editors and writers — to produce and deliver top-quality videos. The model reflected his skill set as a former actor with significant experience in sales. Two Dogs Media thrived and Morris soon began to dream of expanding to meet growing demand.

"Production costs today are a fraction of what they were five or 10 years ago," he says. "Yet, many larger and established firms continue to charge relatively high fees for fairly simple productions. I can compete successfully against these firms on price and quality. In many cases, though, I'd lose out because I didn't have a studio in downtown Toronto."

Toronto's downtown core is home to hundreds of corporations. Many of their video productions feature corporate executives in on-camera roles. To minimize travel time, executives often prefer to record in downtown studios, often on short notice. This put Morris at a decided disadvantage.

Expansion was the only realistic solution; to do that, however, Morris needed access to capital. He developed a business plan and shared it with a few bankers, with little success. Everything changed for the better once Morris started working with Scotiabank.

"They understood my business model and recognized the opportunity in the market right away," says Morris. "They helped me refine my business plan, reviewed my insurance policies, and provided me with a healthy line of credit to support expansion."

In January, Two Dogs Media opened a small, fully equipped studio on University Avenue in the heart of downtown. Morris now has two full-time employees and continues to hire freelancers on an as-needed basis. And business is booming.

"I meet regularly with Scotiabank staff," he says, "and I use my business plan like a road map to check how Two Dogs Media is doing and to set new targets and goals."

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No regrets from Sinclair after four-game FIFA ban

Soccer. Canadian Olympic women's team captain was disciplined for behaviour toward official after loss to U.S.

It wasn't Christine Sinclair's scathing comments to the media that landed her in hot water but her actions toward an official.

Canada's women's soccer captain received a four-game suspension from FIFA last Friday for "displaying unsporting behaviour towards match officials after the match."

The 29-year-old from Burnaby, B.C., said she accepts FIFA's ruling, but has no regrets for her actions following Canada's heartbreaking 4–3 semifinal loss to the United States at the London Olympics.

"I don't regret what I said," Sinclair said on a conference call Monday. "We had just lost the chance at playing for an Olympic gold medal and that's a dream that all of us have, and it was a very intense time and I was emotional and I wouldn't want to change that."

Sinclair was also fined 3,000 Swiss francs ($3,152), plus 500 Swiss francs ($525) as a processing fee. The Canadian Soccer Association will pick up the tab.

The CSA has requested the reasons for judgment from FIFA and expects to receive those in about 10 days.

Sinclair recorded all three goals for Canada in the Olympic semifinal at Old Trafford. Canada had the lead until the Americans pulled even late in the second half before adding the winner in extra time.

Sinclair and several teammates lashed out publicly at referee Christiana Pedersen after feeling robbed in a loss they believed was decided by officials.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said after the final whistle. "It's a shame in a game like that, that was so important, the ref decided the result before it started."

THE CANADIAN PRESS

Quoted

"No, I don't ultimately believe that (Christiana Pedersen) went into the match hoping the U.S. would win."

Christine Sinclair when asked Monday if she truly believed the semifinal match against the U.S. was fixed by referee Christiana Pedersen

Cuba vs. Canada

FIFA head responds to defections

FIFA President Sepp Blatter plans to speak with Cuban officials after three national team players defected in Canada ahead of a World Cup qualifier last week.

The players disappeared nine months after two players with the Cuba women's team fled to the United States following a match against Canada in Vancouver.

Blatter said Monday that the defections had become "a presidential question" for FIFA and not just an issue for the competitions department.

THE ASSOCIATED PRESS

Giants draw even in NLCS with big win over Cardinals

St. Louis Cardinals first baseman Allen Craig tries to tag the Giants' Gregor Blanco as he heads back to first base on a fly ball during the eighth inning of Game 2 of the National League championship series, Monday night, in San Francisco. The umpires called Blanco safe. The Giants got their first home win this post-season, 7-1 over the Cardinals, to tie the series 1-1. DAVID J. PHILLIP/THE ASSOCIATED PRESS

NHL. CBA talks to return to 'main issues' Tuesday

The key negotiators in the NHL's collective bargaining talks will look to start bridging the gap on economic issues when they resume negotiations.

A meeting between the league and union is scheduled for Tuesday morning, where the sides will discuss "ideas for moving the process forward on the main issues," according to deputy commissioner Bill Daly.

Beyond that, there is no set agenda.

The session will feature the Big Four involved in talks — commissioner Gary Bettman and Daly for the NHL, and executive director Donald Fehr and special counsel Steve Fehr for the NHL Players' Association.

Neither side has formally tabled an offer since Sept. 12, when they each put one on the table. Both of those expired when the lockout started.

THE CANADIAN PRESS

Spinning wheels

The sides have maintained a frequent dialogue since the lockout was enacted on Sept. 15, but haven't reported much progress.

- Meetings have largely centred on secondary issues such as drug testing and grievance procedures, and the league has been pushing for the NHLPA to deliver a new proposal on the system for dividing up revenues.

NFL

Manning helps Broncos capitalize on Rivers' fumbles

Peyton Manning threw three touchdown passes in the second half and Tony Carter and Chris Harris scored off turnovers by Philip Rivers as the Denver Broncos overcame a 24-0 halftime deficit to stun the San Diego Chargers 35-24 on Monday night.

Manning was 13 of 14 for 167 yards in the second half for the Broncos (3-3) who tied the Chargers atop the AFC West.

Rivers was intercepted four times — three in the fourth quarter — and lost two fumbles.

Manning's TD pass to Brandon Stokley gave Denver its first lead of the game, 28-24 with 9:03 left.

THE ASSOCIATED PRESS

MLB. Tigers' pitching staff having terrific post-season

There were times this year when Justin Verlander took the mound while his team was reeling a bit — and the right-hander's presence was Detroit's best shot at snapping out of a momentary funk.

Now, the hard-throwing ace is in a different situation. Led by Verlander, the Tigers' rotation has been absolutely terrific this post-season and his job is simply to keep this remarkable run going against the slumping New York Yankees.

"I think pitching, much like hitting, is contagious," Verlander said. "Guys go out there night in and night out and see guys have a good game, and the next day he wants to have a good game, so on and so forth. And I think that's what we are feeding on right now."

The Tigers won the first two games of the AL championship series in New York, holding the Yankees scoreless except for one brief uprising against closer-in-limbo Jose Valverde. With the exception of Valverde, no Detroit pitcher has allowed an earned run since Game 3 of the division series against Oakland.

Verlander takes the mound Tuesday night in Game 3 of the ALCS. The reigning AL MVP won both his starts against the A's, throwing a shutout in the decisive fifth game.

THE ASSOCIATED PRESS

By the numbers

0.94

Detroit's starters have posted an 0.94 ERA in the playoffs this year. The post-season record for a starting staff pitching at least seven games is 1.05, set by the 1920 Cleveland Indians, according to STATS LLC.

MLB

AMERICAN LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7; x-if necessary)
(Detroit leads series 2-0)
Sunday's result
Detroit 3 New York 0
Saturday's result
Detroit 6 New York 4, (12 innings)
Tuesday's game — All Times Eastern
New York (Hughes 16-13) at Detroit (Verlander 17-8), 8:07 p.m.
Wednesday's game
New York (Sabathia 15-6) at Detroit (Scherzer 16-7), 8:07 p.m.
Thursday's game
x-New York (Pettittie 5-4) at Detroit (Fister 10-10), 4:07 p.m.
Saturday, Oct. 20
x-Detroit (Sanchez 4-6) at New York (Kuroda 16-11), 8:07 p.m.
Sunday, Oct. 21
x-Detroit (Verlander 17-8) at New York (Sabathia 15-6), 8:07 p.m.

GIANTS 7 CARDINALS 1

St. Louis	AB	R	H	BI	BB	SO	Avg.
Jay cf	4	0	0	0	0	0	.111
Beltran rf	3	0	2	0	1	0	.429
Holliday lf	4	0	1	0	0	0	.250
Craig 1b	3	0	0	0	0	1	.000
Y.Molina c	4	0	1	0	0	0	.250
Freese 3b	4	0	0	0	0	0	.125
Descalso 2b	4	0	0	0	0	1	.250
Kozma ss	3	1	0	0	1	2	.143
C.Carpenter p	1	0	1	1	0	0	1.000
Schumaker ph	1	0	0	0	0	1	.000
J.Kelly p	0	0	0	0	0	0	---
Salas p	0	0	0	0	0	0	---
Chambers ph	1	0	0	0	0	0	.000
S.Miller p	0	0	0	0	0	0	---
Rzepczynski p	0	0	0	0	0	0	---
Totals	**32**	**1**	**5**	**1**	**2**	**5**	
San Francisco	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
Pagan cf	4	2	2	1	1	0	.333
Scutaro 2b	3	0	2	2	0	0	.500
Theriot 2b	2	0	1	2	0	0	.500
Sandoval 3b	5	0	1	0	0	1	.125
Posey c	5	0	1	0	0	2	.125
Pence rf	3	0	0	0	1	0	.143
Belt 1b	4	1	2	0	0	1	.375
G.Blanco lf	3	2	1	0	1	0	.286
B.Crawford ss	4	1	0	1	0	0	.125
Vogelsong p	2	0	1	0	0	1	.500
Affeldt p	0	0	0	0	0	0	---
A.Huff ph	1	1	1	0	0	0	1.000
Romo p	0	0	0	0	0	0	---
Totals	**36**	**7**	**12**	**6**	**3**	**5**	

St. Louis	IP	H	R	ER	BB	SO	NP	ERA
C.Carpenter L, 0-1	4	6	5	2	2	1	76	4.50
J.Kelly	1	2	0	0	0	0	17	0.00
Salas	1	1	0	0	0	1	10	0.00
S.Miller	1⅓	3	2	2	1	2	37	13.50
Rzepczynski	⅓	0	0	0	0	1	5	0.00
San Francisco	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Vogelsong W, 1-0	7	4	1	1	2	4	106	1.29
Affeldt	1	0	0	0	0	0	8	0.00
Romo	1	1	0	0	0	1	11	0.00

Inherited runners-scored—Rzepczynski 2-0. HBP—by Vogelsong (Craig).
Umpires—Home, Chris Guccione; First, Bill Miller; Second, Greg Gibson; Third, Ted Barrett; Right, Gary Darling; Left, Jerry Layne.
T—3:10.
Attendance—42,679 (41,915) at San Fran.

NATIONAL LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7; x-if necessary)
(Series tied 1-1)
Monday's result
San Francisco 7 St. Louis 1
Sunday's result
St. Louis 6 San Francisco 4
Wednesday's game — All Times Eastern
San Francisco (Cain 16-5) at St. Louis (Lohse 16-3), 4:07 p.m.
Thursday's game
San Francisco (Zito 15-8) at St. Louis (Wainwright 14-13), 8:07 p.m.
Friday's game
x-San Francisco (Bumgarner 16-11) at St. Louis (Lynn 18-7), 8:07 p.m.
Sunday, Oct. 21
x-St. Louis (Carpenter 0-2) at San Francisco (Vogelsong 14-9), 4:37 p.m.
Monday, Oct. 22
x-St. Louis (Lohse 16-3) at San Francisco (Cain 16-5), 8:07 p.m.

St. Louis	**010**	**000**	**000**	**—1**	**5**	**2**
San Francisco	**100**	**400**	**002**	**—7**	**12**	**0**

E—C.Carpenter (1), Holliday (1). LOB—St. Louis 7, San Francisco 9. 2B—Beltran 2 (2), C.Carpenter (1), Belt (1), Vogelsong (1). HR—Pagan (1), off C.Carpenter. RBIs—C.Carpenter (1), Pagan (1), Scutaro 2 (2), Theriot 2 (2), B.Crawford (2). S—Vogelsong. Runners left in scoring position—St. Louis 4 (Y.Molina 2, Jay, Holliday); San Francisco 5 (Belt, Sandoval 2, B.Crawford, Posey). RISP—St. Louis 0 for 7; San Francisco 4 for 14.
Runners moved up—Pagan, Sandoval.

NBA PRESEASON

Monday's results
Philadelphia 107 Boston 75
Cleveland 114 Orlando 111, (OT)
Brooklyn 98 Washington 88
Dallas 123 Houston 104
Denver 104 Golden State 98
Portland at Sacramento
Sunday's results
L.A. Clippers 99 Miami 89
San Antonio 116 Houston 107
Memphis 110 Atlanta 102
Tuesday's Games — All Times Eastern
Atlanta at Indiana, 7 p.m.
Brooklyn at Boston, 7:30 p.m.
Orlando at Detroit, 7:30 p.m.
Milwaukee at Chicago, 8 p.m.
Charlotte at Oklahoma City, 8 p.m.
Utah vs. L.A. Lakers at Anaheim, CA, 10 p.m.
Wednesday's Games
Washington at Toronto, 7 p.m.
Cleveland at Philadelphia, 7 p.m.
Memphis at Houston, 8 p.m.
Phoenix at Dallas, 8:30 p.m.
Golden State at Sacramento, 10 p.m.
Denver at Portland, 10 p.m.
Utah at L.A. Clippers, 10:30 p.m.

TRANSACTIONS

MLB

MINNESOTA TWINS — Announced the retirement of director of minor league operations Jim Rantz.
CINCINNATI REDS — Agreed to terms with manager Dusty Baker on a two-year contract extension.
PHILADELPHIA PHILLIES — Named Wally Joyner assistant hitting coach.

NBA

SACRAMENTO KINGS — Waived C Cyril Awere.

NFL

BUFFALO BILLS — Signed DE Shawne Merriman. Released DT Jay Ross and C David Snow.
CHICAGO BEARS — Signed TE Brody Eldridge to a one-year contract. Released RB Kahlil Bell.
JACKSONVILLE JAGUARS — Signed S Chris Harris. Released CB Kevin Rutland.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	32	17	7	8	40	26	59
x-Chicago	32	17	10	5	45	39	56
D.C. United	32	16	10	6	49	40	54
New York	32	15	9	8	54	46	53
Houston	32	13	8	11	45	38	50
Columbus	32	14	11	7	40	40	49
Montreal	32	12	15	5	45	50	41
Philadelphia	31	10	15	6	35	37	36
New England	32	7	17	8	37	44	29
Toronto	32	5	20	7	35	60	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	32	19	6	7	69	40	64
x-Real Salt Lake	32	17	11	4	46	35	55
x-Seattle	31	14	7	10	48	31	52
x-Los Angeles	32	15	12	5	56	45	50
Vancouver	32	11	12	9	35	40	42
Dallas	32	9	12	11	39	42	38
Colorado	32	9	19	4	40	50	31
Portland	32	7	16	9	32	55	30
Chivas USA	32	7	17	8	22	54	29

x — Clinched playoff berth.
Wednesday, Oct. 17 — All Times Eastern
Real Salt Lake at Seattle, 11 p.m.
Saturday, Oct. 20
Montreal at Toronto, 1:30 p.m.
Kansas City at New York, 7 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at Houston, 7:30 p.m.
Columbus at D.C. United, 7:30 p.m.
Colorado at Chivas USA, 10:30 p.m.

2014 WORLD CUP QUALIFYING

GROUP A	GP	W	D	L	GF	GA	PT
Guatemala	5	3	1	1	8	5	10
U.S.	5	3	1	1	8	5	10
Jamaica	5	2	1	2	5	5	7
Antigua	5	0	1	4	3	9	1

FRIDAY'S RESULTS
At St. John's, Antigua and Barbuda
U.S. 2 Antigua and Barbuda 1
At Guatemala City
Guatemala 2 Jamaica 1
TUESDAY'S GAMES — All Times Eastern
At Kingston, Jamaica
Jamaica vs. Antigua, 7:15 p.m.
At Kansas City, Kan.
U.S. vs. Guatemala, 7:15 p.m.

GROUP B	GP	W	D	L	GF	GA	PT
x-Mexico	5	5	0	0	13	2	15
Costa Rica	5	2	1	2	7	5	7
El Salvador	5	1	2	2	8	9	5
Guyana	5	0	1	4	5	17	1

x — Clinched berth in regional final.
FRIDAY'S RESULTS
At Houston
Mexico 5 Guayna 0
At San Salvador, El Salvador
Costa Rica 1 El Salvador 0
TUESDAY'S GAMES
At San Jose, Costa Rica
Costa Rica vs. Guyana, 9 p.m.
At Torreon, Mexico
Mexico vs. El Salvador, 9 p.m.

GROUP C	GP	W	D	L	GF	GA	PT
Panama	5	3	1	1	5	1	10
Canada	**5**	**3**	**1**	**1**	**5**	**2**	**10**
Honduras	5	2	2	1	4	2	8
Cuba	5	0	0	5	0	9	0

FRIDAY'S RESULTS
At Toronto
Canada 3 Cuba 0
At Panama City, Panama
Panama 0 Honduras 0
TUESDAY'S GAMES
At San Pedro Sula, Honduras
Honduras vs. **Canada**, 4 p.m.
At Havana
Cuba vs. Panama, 4 p.m.

CFL

WEEK 16

EAST DIVISION	GP	W	L	T	PF	PA	Pt
x-Montreal	15	9	6	0	406	417	18
Toronto	15	7	8	0	339	381	14
Hamilton	15	5	10	0	438	481	10
Winnipeg	15	4	11	0	295	460	8

WEST DIVISION	GP	W	L	T	PF	PA	Pt
x-B.C.	15	11	4	0	402	288	22
x-Calgary	15	9	6	0	430	350	18
Saskatchewan	15	8	7	0	397	327	16
Edmonton	15	7	8	0	351	354	14

x — Clinched playoff berth.
Sunday's result
Montreal 24 Toronto 12
Saturday's results
Calgary 32 Winnipeg 21
Edmonton 37 Saskatchewan 20
Friday's result
B.C. 37 Hamilton 17

WEEK 17

Friday's games — All Times Eastern
Winnipeg at Toronto, 7 p.m.
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Saskatchewan, 3:30 p.m.
Hamilton at Calgary, 7 p.m.

SCORING LEADERS

x — scored two-point convert

	TD	C	FG	S	Pts
McCallum, BC	0	40	35	7	152
Congi, Ham	0	41	32	1	138
Paredes, Cal	0	38	33	1	138
Whyte, Mtl	0	42	29	7	136
Palardy, Wpg	0	24	32	5	125
Shaw, Edm	0	35	26	9	122
Waters, Tor	0	18	25	6	99
DeAngelis, Sask	0	21	24	1	94
x-C.Williams, Ham	13	2	0	0	80
Dressler, Sask	11	0	0	0	66
Sheets, Sask	11	0	0	0	66
Milo, Sask	0	16	11	12	61

TENNIS

ATP-WTA KREMLIN CUP

At Moscow
MEN
Singles — First Round
Denis Istomin (6), Uzbekistan, def. Bjorn Phau, Germany, 5-7, 7-5, 6-1.
Lukas Rosol, Czech Rep., def. Daniel Gimeno-Traver, Spain, 7-6 (9), 7-6 (2).
Tatsuma Ito, Japan, def. Roberto Bautista-Agut, Spain, 6-3, 1-6, 6-2.
Malek Jaziri, Tunisia, def. Rajeev Ram, U.S., 6-3, 6-1.
Doubles — First Round
Carlos Berlocq, Argentina, and Alex Bogomolov, Jr. (3), Russia, def. Lukas Dlouhy, Czech Rep., and Alexandr Dolgopolov, Ukraine, 6-7 (2), 6-3, 10-5.
WOMEN
Singles — First Round
Lucie Safarova (8), Czech Rep., def. Margarita Gasparyan, Russia, 6-3, 4-6, 6-2.
Sofia Arvidsson, Sweden, def. Bojana Jovanovski, Serbia, 6-2, 6-4.
Klara Zakopalova, Czech Rep., def. Alexandra Cadantu, Romania, 6-3, 6-3.
Urszula Radwanska, Poland, def. Francesca Schiavone, Italy, 6-3, 6-1.
Doubles — First Round
Maria Kirilenko and Nadia Petrova (2), Russia, def. Karolina and Kristyna Pliskova, Czech Rep., 6-4, 4-6, 11-9.
Lindsay Lee-Waters and Megan Moulton-Levy, U.S., def. Alize Cornet, France, and Alicja Rosolska, Poland, 7-6 (7), 6-7 (5), 10-5.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	3	3	0	.500	133	141
New England	3	3	0	.500	188	137
Miami	3	3	0	.500	120	117
Buffalo	3	3	0	.500	137	192

SOUTH	W	L	T	Pct	PF	PA
Houston	5	1	0	.833	173	115
Indianapolis	2	3	0	.400	100	145
Tennessee	2	4	0	.333	114	204
Jacksonville	1	4	0	.200	65	138

NORTH	W	L	T	Pct	PF	PA
Baltimore	5	1	0	.833	161	118
Cincinnati	3	3	0	.500	149	163
Pittsburgh	2	3	0	.400	116	115
Cleveland	1	5	0	.167	134	163

WEST	W	L	T	Pct	PF	PA
San Diego	3	3	0	.500	148	137
Denver	3	3	0	.500	170	138
Oakland	1	4	0	.200	87	148
Kansas City	1	5	0	.167	104	183

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	178	114
Philadelphia	3	3	0	.500	103	125
Washington	3	3	0	.500	178	173
Dallas	2	3	0	.400	94	119

SOUTH	W	L	T	Pct	PF	PA
Atlanta	6	0	0	1.000	171	113
Tampa Bay	2	3	0	.400	120	101
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH	W	L	T	Pct	PF	PA
Chicago	4	1	0	.800	149	71
Minnesota	4	2	0	.667	146	117
Green Bay	3	3	0	.500	154	135
Detroit	2	3	0	.400	126	137

WEST	W	L	T	Pct	PF	PA
Arizona	4	2	0	.667	110	97
San Francisco	4	2	0	.667	152	94
Seattle	4	2	0	.667	110	93
St. Louis	3	3	0	.500	110	111

WEEK 6

Monday's result
Denver 35 San Diego 24
Sunday's results
Atlanta 23 Oakland 20
Tampa Bay 38 Kansas City 10
N.Y. Jets 35 Indianapolis 9
Cleveland 34 Cincinnati 24
Detroit 26 Philadelphia 23, OT
Miami 17 St. Louis 14
Baltimore 31 Dallas 29
Buffalo 19 Arizona 16, OT
Seattle 24 New England 23
N.Y. Giants 26 San Francisco 3
Washington 38 Minnesota 26
Green Bay 42 Houston 24
Thursday's result
Tennessee 26 Pittsburgh 23

WEEK 7

Thursday's game — All Times Eastern
Seattle at San Francisco, 8:20 p.m.
Sunday, Oct. 21
Arizona at Minnesota, 1 p.m.
Green Bay at St. Louis, 1 p.m.
Baltimore at Houston, 1 p.m.
Washington at N.Y. Giants, 1 p.m.
Dallas at Carolina, 1 p.m.
New Orleans at Tampa Bay, 1 p.m.
Cleveland at Indianapolis, 1 p.m.
Tennessee at Buffalo, 1 p.m.
Jacksonville at Oakland, 4:25 p.m.
N.Y. Jets at New England, 4:25 p.m.
Pittsburgh at Cincinnati, 8:20 p.m.
Monday, Oct. 22
Detroit at Chicago, 8:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Manchester	2	2	0	0	0	4	5	2
St. John's	2	1	1	0	0	2	5	6
Worcester	2	0	1	0	1	1	5	8
Portland	1	0	1	0	0	0	3	6
Providence	2	0	2	0	0	0	3	7

EAST DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Norfolk	2	2	0	0	0	4	8	5
Syracuse	2	1	0	0	1	3	9	9
Binghamton	1	1	0	0	0	2	2	1
Hershey	1	0	1	0	0	0	3	4
W-B/Scranton	1	0	1	0	0	0	1	2

NORTHEAST DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Bridgeport	2	2	0	0	0	4	10	6
Springfield	2	2	0	0	0	4	8	2
Adirondack	2	1	1	0	0	2	6	7
Albany	1	0	1	0	0	0	1	2
Connecticut	2	0	2	0	0	0	6	9

WESTERN CONFERENCE

MIDWEST DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Chicago	2	2	0	0	0	4	6	3
Milwaukee	1	1	0	0	0	2	3	2
Grand Rapids	2	0	1	0	1	1	5	7
Rockford	2	0	1	0	1	1	3	6
Peoria	2	0	2	0	0	0	3	10

NORTH DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Abbotsford	2	2	0	0	0	4	10	3
Lake Erie	3	2	1	0	0	4	8	4
Hamilton	1	1	0	0	0	2	4	3
Rochester	2	1	1	0	0	2	7	8
Toronto	2	1	1	0	0	2	3	5

SOUTH DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Texas	2	2	0	0	0	4	6	4
Charlotte	2	1	0	0	1	3	6	5
Oklahoma City	2	1	1	0	0	2	4	4
San Antonio	2	1	1	0	0	2	4	4
Houston	2	0	2	0	0	0	3	6

Sunday's results
Lake Erie 4 Toronto 0
St. John's 3 Connecticut 2
Springfield 4 Adirondack 0
Chicago 5 Rockford 3
San Antonio 3 Houston 2
Texas 4 Charlotte 3, (SO)

Monday
No games scheduled
Tuesday's game — All Times Eastern
Binghamton at Rochester, 7:05 p.m.
Wednesday's game
Peoria at Chicago, 8 p.m.

Horoscopes

♈ Aries
March 21 - April 20
You may be a bit short-tempered today, especially where money matters and business issues are concerned. If you let your negative feelings get the better of you, bad and divisive words could follow. It's really no big deal.

♉ Taurus
April 21 - May 21
You may not be lacking in confidence but confidence is not what you need more of today — you need more common sense. If you take on too much or challenge someone who is bigger than you, the results won't be pretty.

♊ Gemini
May 22 - June 21
You must not allow loved ones and colleagues to pile more work on your plate. Be wary of those who try to use emotional blackmail to get their way. You have nothing to feel guilty about, whatever they might say.

♋ Cancer
June 22 - July 23
You may find it hard to keep your cravings in check over the next 24 hours and that could jeopardize a relationship that is fragile. Variety may be the spice of life, but do you really have to sample everything?

♌ Leo
July 24 - Aug. 23
Your home life and your working life will clash today. Only you can decide which means more to you, but think twice before you sacrifice your ambitions for the sake of a loved one. Would they do the same for you?

♍ Virgo
Aug. 24 - Sept. 23
No matter how much others may irritate you today, you must keep your emotions under control. The planets warn if you say or do anything hurtful now, you will pay for it later.

♎ Libra
Sept. 24 - Oct. 23
You may think that you will lose out if you don't make a quick decision but it isn't true. In fact, the longer you put off making a choice the more likely it is others will make the right choice for you.

♏ Scorpio
Oct. 24 - Nov. 22
You will be even more imperious than usual today, maybe as an over-reaction to yesterday's new moon. Don't be too aggressive though or it could cost you. It will take time and effort to repair a damaged friendship.

♐ Sagittarius
Nov. 23 - Dec. 21
Although you find it easy to get out into the world and make new friends, you also need to reserve some time and space for yourself. Stand back from the hustle and bustle today, and just enjoy being yourself.

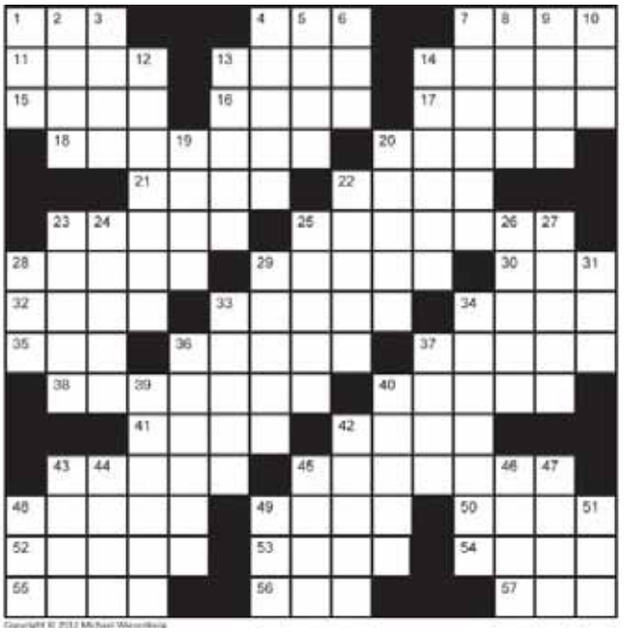
♑ Capricorn
Dec. 22 - Jan. 20
Take care you don't go over the top today, either at home or at work. If you do, you are sure to regret it. Tone down your act a bit and give your rivals more respect. They're not really enemies.

♒ Aquarius
Jan. 21 - Feb. 19
Be nice to everyone you meet over the next 24 hours but especially to employers and people in positions of authority. The last thing you want is to give them an excuse to make life difficult for you.

♓ Pisces
Feb. 20 - March 20
New ideas and new ways of doing things may look attractive but don't discard the old ways all in one go. Aim to get the balance right and get the best of both worlds — it's not really hard. **SALLY BROMPTON**

Canadian Singers Cross Each Other

BY MICHAEL WIESENBERG



Across
1. Flower garden
4. Official Parliament opposition: initialism
7. Chief
11. Allies' foe in WWII
13. Belle's boyfriend
14. Becomes weary
15. Essence of an argument
16. Bring in, as wages
17. Raises, as children
18. IMAX ___
20. Burnaby, BC-born pop singer Michael
21. Brains
22. Dainty fabric
23. Cathedral topper
25. ___ Party: Canada's oldest federally registered party
28. People buy Dr. Scholl's products for these
29. Spelunking sites
30. Box cover
32. Online report
33. Three goddesses of destiny, with "the"
34. Voice type between soprano and tenor
35. Soup container, often
36. Buenos ___, Argentina
37. Oak nut
38. Alberta's third-largest municipality (after Calgary and Edmonton) (2 wds.)
40. Decrease in intensity
41. How a lazybones hangs around
42. Brought to court
43. Longed (for)
45. Refer to incidentally
48. Cake maker
49. ___ et Chandon champagne
50. Violently frenzied
52. Affirms positively
53. Pea containers
54. Central area of a church
55. Afternoon affairs
56. Pig pen
57. Sunbeam

Down
1. Paper or plastic grocery item
2. Egress
3. Satellite TV receiver
4. Approaches
5. "Bet you can't," e.g.
6. Sometimes groan-inducing bit of wordplay
7. Justin ___: London, Ontario-born Never Say Never pop star
8. Spoken
9. Desiccated
10. Serpentine warning
12. Preparing a beef and vegetable dish
13. Singer Midler or actress Davis
14. Breaks from fighting
19. Broadcasts
20. Infants "in the woods"
22. A cat has nine
23. Alternative to fossil fuels
24. On one's belly
25. "Toodle-oo"
26. Assign as one's share
27. Gasoline unit
28. Blue Jays' games airer
29. Mariah ___: 1990 Best New Artist Grammy winner
31. Controversial hockey commentator Cherry
33. Ballpark
34. Early French Canadian
36. Poisonous snakes
37. Aid, particularly someone in the commission of a crime
39. Informal roadside restaurants
40. Cousins' mothers
42. Shabby
43. Apply asphalt
44. Big name in home furnishings
45. No longer relevant
46. Rubaiyat poet Khayyam, actor Sharif, or *House* actor Epps
47. ___ Scotia
48. Dracula creature
49. Parliamentarians, for short
51. Door opener

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

					2	4		
			3	6		8		
4	5	2				6		
9			1		5		6	
	8						7	
	3		4		9			8
		8				7	9	3
		5		1	8			
		4	2					

Yesterday's Sudoku

5	1	2	9	6	8	3	7	4
8	3	7	1	2	4	9	5	6
6	9	4	7	5	3	8	1	2
7	8	6	5	3	9	2	4	1
3	4	1	6	8	2	7	9	5
9	2	5	4	7	1	6	3	8
1	6	3	2	9	5	4	8	7
2	5	9	8	4	7	1	6	3
4	7	8	3	1	6	5	2	9

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 7° MIN: 5°	MAX: 7° MIN: 3°	MAX: 10° MIN: 1°

BT BREAKFAST TELEVISION

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